

Construction nearing completion for Olympic Festival events.

See News, Page 3A

Eating Right Recipe Contest tables 'lite' and bright foods.

Food, Page 1C

The Warriors hang on to defeat conference foe East St. Louis.

See Sports, Page 1D

Granite City Journal

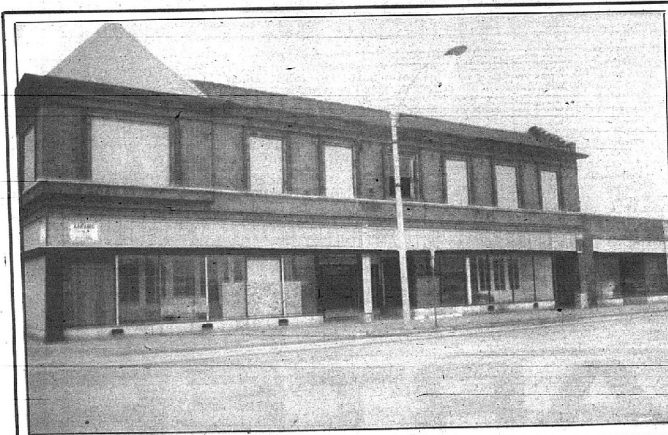
SUBURBAN JOURNALS - #1 IN WEEKDAY READERSHIP WITH OVER 1.4 MILLION READERS

BROOKLYN • GRANITE CITY • MADISON • MITCHELL • PONTOON BEACH • VENICE

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4 Sections 52 Pages



(Staff photo by PAM DOEPKE-HURD)

A block of vacant buildings in the 1200 block of 19th Street between Benton Street and Cleveland Boulevard. In 1965 the buildings were home to a restaurant, a hardware store and a barber shop.

City is at a crossroads

Study: Fundamental changes needed

Following is the first of a five-part series on possible changes in the structure of the Granite City and Granite City Township operations. The changes were among recommendations contained in the Melville Strategic Management Review of city and township operations. Future articles will address specific recommendations from the report.



By Bob Slate
Staff writer

Thirty years ago, Granite City and East St. Louis were both recent All-American cities.

Both cities were growing. By day, each was teeming with employees flocking to new business and industry. By night, they were destinations for shoppers and entertainment seekers from all over the St. Louis metropolitan region.

A lot can happen in 30 years. With the well-documented decline in East St. Louis came a mass exodus of residents and

business and the corresponding financial devastation caused by erosion of the city's tax revenues.

With fragmented leadership that failed to foresee the impending crisis and make fundamental changes to combat the tide of decay, the city of East St. Louis plummeted fiscally and physically.

By the time the crisis arrived, city leaders were preoccupied by reacting to adverse situations and had no time to work on preventing further decay.

While it is probably too late for East St. Louis to do anything but start over from scratch, Granite City officials have taken the first step toward a proactive approach to a potential impending crisis. In late 1992, Granite City public officials and a group of community business leaders interested in improving efficiency in the delivery of governmental services agreed to share the cost of a thorough professional management review of city and township operations.

While the study was initially expected to take three to four months to complete, a final draft was not submitted until September 1993.

In spite of a satisfactory (but not strong) financial position and some encouraging developments in recent years, Granite City is at a crossroads, the 128-page study says.

"There is little doubt that a profound crisis looms ahead for the city and township, their

(See CHANGES, Page 6A)

Bremen Ave. asphalt sample fails state test

City may be able to recoup funds

By Bob Slate
Staff writer

A sample of the asphalt used on the surface of recently rebuilt Bremen Avenue has failed a test to determine if it meets state Transportation Department specifications.

The results could mean that the city will recoup a portion of the money expended on the road improvement project.

The work eventually cost more than \$100,000 even though it was not in the city's capital improvement project plans.

City leaders have been fuming over the road improvement project almost since its inception this fall.

The autumn attempt by the street department to smooth over the already rough street

street. The city contracted with Hank's Excavating and Landscaping of Belleville to rebuild a section of the three-block long street located in the northern part of the city just off Highway 205 (Nameki Road).

The road work was supposed to be completed Nov. 23.

But on Dec. 3, oil from the finished road inexplicably began to rise to the surface, turning the street into a gooey mess that left cars and some residents covered with black.

More bad news came in late December when officials found out that potholes had already formed in the road surface.

Hank's returned to the site to fill the holes — at an added expense to the city.

But, according to IDOT records, a sample of the asphalt used as a prime coat on the Bremen Avenue project failed a viscosity test in an IDOT lab in

Springfield on Dec. 16.

The material was found to have a kinematic viscosity of 74 at a temperature of 140 degrees. IDOT specifications require a kinematic viscosity of between 30 and 60 at that temperature.

Joe Juneau of Juneau Associates, the city's contractual engineer, said that the results show that the material was thicker than it should have been during application.

He declined to speculate on what effect the flawed material may have had on the final product.

"We have discussed the results with the IDOT testing lab in Springfield to determine what effect a high viscosity in the prime would have on the road way."

"No specific effects could be verified other than the material is not as fluid during the application of the material," Juneau (See TEST, Page 16A)

5th truck route plan offered

By Bob Slate
Staff writer

After hearing two full hours of public input about four proposed alternatives for a new truck route to and from the North Granite neighborhood Monday night, Granite City leaders said they expected to put off making any final decision until still another alternative can be evaluated.

More than 50 residents, truck drivers and business leaders attended the meeting to voice their concerns about where trucks going to and from Fernaldy Corp. should be routed after a proposed extension of Nameki Drive from 25th Street to 22nd Street is completed.

Mike Turner, traffic manager for Fernaldy, said that between 40 and 50 trucks per day would use the route.

While the City Council voted 8-7 last week to place an ordinance establishing a new truck route on first reading, the council was expected to defer any final action on that proposal

"None of these (four proposals previously considered) is ideal. They are temporary solutions until we can eventually run these trucks all the way to West 20th Street."

— Dan Partney

until the feasibility of a new proposal to extend Nameki Drive from 25th Street even farther to 20th Street could be investigated.

The proposal that passed last week included taking trucks down the Nameki Drive extension to 22nd Street, where they would turn left and follow 22nd to Adams Street. The trucks would follow Adams to 20th Street, turn right, cross the railroad tracks, and gain access to Highway 3 via West 20th Street and Rock Road.

But the proposal to extend Nameki Drive all the way to 20th Street would eliminate the need for heavy truck traffic in highly residential areas, some said.

That route would have trucks crossing some but not all of the 20th Street tracks.

A new truck route to North Granite must be established because the Illinois Commerce Commission and the Norfolk and Southern Railroad have pledged \$750,000 to the city in exchange for the closure of two dangerous railroad crossings in the city including one at the intersection of Missouri Avenue and Nameki Drive, the current truck route connecting North Granite to Highway 3.

The city plans to utilize the ICC and railroad funds to build two new access roads to the North Granite neighborhood.

(See ROUTES, Page 2A)

Sheriff may have violated law

Madison County Sheriff Bob Churchich may have violated state law when he used the county payroll system to solicit campaign contributions from deputies and dispatchers, a state investigator said.

"The Election Interference Prohibition Act says officials cannot expend tax money to support candidates or ballot propositions," said Mickey Gillespie, an investigator for the State Board of Elections.

"If he somehow used county equipment or in some other way used county funds to help his campaign, you might have a violation," Gillespie said Friday.

However, state officials are unlikely to pursue the matter because of the difficulty of proving Churchich used county money to distribute campaign literature, Gillespie said.

"If he had an employee stuffing (fliers) (See LAW, Page 16A)

Probationers work hard, need permanent job offers

By Mike Myers
Staff writer

"When people are given a new start, it is important to help make sure they take a different path than before, said the Rev. John Henry Williams at the New Salem Missionary Baptist Church, Venice, where Williams is pastor.

Williams said the program began working with the Madison County Probation Department about a year ago to provide community service work for persons working off fines.

Williams said the program has been a big success. "The people we had are good workers and they want to work," Williams said.



Williams

"We have been very happy with the people in the program."

"But the church has decided someone needs to pay more attention to what happens to these people after they work off their fines."

"We need to help these people take the next step, help them get full-time work. These people have already shown they would rather work than lie around in jail, but idle hands are the devil's workshop. Without jobs, they may end up right back in trouble."

Williams said the Outreach Program tries to take in two workers at a time from the probation department. He said that most of them must perform between 60 and 300 hours of community service.

"We try to help members of our local communities — Madison and Venice — but we'll

(See 10B5, Page 16A)

Financial aid workshop tonight

Granite City High School will host a financial aid workshop at 7 p.m. today (Wednesday) in the high school cafeteria.

Guest speakers will offer information on financial aid programs, Grant programs, scholarship programs and loan programs.

Mary Brown, financial aid assistant at Belleville Area College, will discuss overview of Illinois Student Assistance Commission programs and a Central Bank loan officer will explain the loan application process.

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Deaths

Elia Byrd
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A Homestead Tradition For 61 Years



New officers — Two Granite City residents recently received certificates of graduation from the Belleville Area College Police Academy. Both George McLaren, left, and Richard Daves will serve with the



Granite City Police Department. Presenting the certificates, at left in both photos, is BAC President Dr. Joseph J. Cipri.

Man convicted of killing ex-girlfriend

A 21-year-old Worden man could be sentenced to life in prison after a jury rejected his too-drunk-to-think-straight defense in the murder of his ex-girlfriend.

Michael Strader showed no emotion Monday after a jury returned guilty verdicts on counts of first-degree murder, attempted murder and aggravated discharge of a firearm.

Strader, who did not take the stand, had claimed through his lawyer that he was too intoxicated to control himself Aug. 2, 1992, when he gunned down former Granite City resident Donnell Awalt, 17, and her boyfriend, Matthew Pike.

Awalt's mother, Clara Awalt, broke down and cried as Madison County Associate Judge J. Lawrence Keshner read the verdicts after the jury ended four hours of deliberation.

"I'm happy and relieved," Awalt said as she rushed out of the courtroom with her family and friends. "I'm glad it's over."

She testified during the week-long trial that Strader stalked and threatened her only child in the weeks before the murder.

An emotional Pike, who testified that Strader threatened Awalt over the telephone before he drove to her house, declined to comment after the verdict was returned. He was shot in the arm, shoulder and groin.

Madison County State Attorney William Haine declined to say what sentence prosecutors would seek.

"We're very pleased. I don't want to comment on the prison sentence now, but we will be seeking plenty of years."

The maximum sentence Strader could receive is life in prison without parole.

Donnell Awalt had ended an 18-month relationship with Strader about four weeks before she was killed.

Assistant State's Attorney Theresa Brown said in her closing

argument that Strader loaded a .22-caliber rifle before he went to Awalt's home to confront her and Pike.

"He went there to kill. He went there for one thing, and that was control. If he wasn't going to have her, no one was."

Strader's attorney, J. William Lucco of Edwardsville, said he plans to appeal but the exact basis for the appeal has yet to be determined.

He said he will ask for a prison sentence of less than 60 years.

Lucco tried to convince jurors in his closing argument that Strader may have acted out of passion and asked the jury to consider second-degree murder.

"This is not about justification," Lucco said. "These kinds of tragedies have played themselves out for years. What you have to ask yourselves is, what role alcohol and passion played in this tragedy. Did it override his power of reason?"

"Second-degree is not justified murder," he said. "It means people make bad judgments. It means people act out of rage and they do things they normally wouldn't do."

Lucco suggested Strader, whose blood-alcohol level was estimated at twice the legal limit, lost control when he called Awalt and discovered Pike was spending the night.

But Brown, and co-prosecutor, Assistant State's Attorney Rich Rybak, said Strader had stalked and threatened Awalt for weeks.

Lucco said Awalt may have provoked Strader after shoving and slapping him while he was holding the rifle.

"Why would she dare him to shoot her... Maybe it's because Donnell knew better than anyone that Strader would never intentionally hurt her. She failed to appreciate the depth of his passions for her and the effect of her rejection on him."

— From the Alton Telegraph

•Routes

(Continued from Page 1A)

Alderman Dan Partney along with fellow 4th Ward Alderman Foster Frederick, Mayor Ron Seltz and the city's contractual engineer, Joe Juneau, helped negotiate the deal with the ICC and the railroad.

Partney said Monday night that the new proposal to extend the Nameoki Drive extension all the way to 20th Street — with trucks able to access Highway 3 via 20th, West 20th and Rock Road — is "ultimately the best solution for the city."

"None of these four proposals previously considered is ideal," Partney said. "They are temporary solutions until we can eventually run these trucks all the way to West 20th Street."

But several of the aldermen

expressed concern that the "temporary" truck route plan would become permanent.

"I think (when Feralloy was built in 1981) the residents of North Granite were told that Nameoki Drive was going to be a temporary route, too, until the city could afford to build a new road," said 3rd Ward Alderman Nick Petrillo.

Partney said the City Council must be willing to expend the money to continue the Nameoki Drive extension two more blocks.

The 50 people in attendance expressed concern about the four alternative truck routes that had previously been considered by the council.

They cited the number of turns, the ability of roads to handle heavy truck traffic, the length of the proposed routes

and the residential nature of neighborhoods through which trucks would be running.

"We've got to figure a way (to route trucks) that will hurt the fewest people," said Mike Allen, who lives at the corner of Missouri Avenue and West 25th Street along one of the routes previously considered.

Louise Payne, a resident of the 2200 block of Missouri Avenue, said that none of the previously considered routes was attractive.

"The shortest route between two points is a straight line," she said.

Jim Kessel, a truck owner/operator who lives in the 2000 block of Lee Avenue and hauls steel coils locally, said continual changes in the truck route are a hardship for drivers. He said that drivers are usually paid by the weight of their load — not by

the mile.

"You're running us around extra miles. When you do that five or six times a day, it adds up," Kessel said.

Many North Granite residents — especially those living on Nameoki Drive along the current truck route — said heavy truck traffic has damaged their homes. But Paula Bowler-Burns, representing Bowler Contract Hauling Co., said trucks would not damage homes if streets are properly maintained.

Petrillo said that all Granite City residents are familiar with problems caused by trucks, trains and air quality, but also said that they are necessary in an industrial-based city.

"Everybody (on the City Council) has the right intentions. We want a solution that affects the fewest people. But we are an industrial city," Petrillo said.

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America's Best Community Newspapers

SIU

By Scott Wu

Staff writer

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SIUE finishing up construction work for Olympic Festival

By Scott Wuerz
Staff writer

The hard work of local construction is almost finished, and it is time to start gearing up for the rapidly approaching 1994 Olympic Festival. Southern Illinois University at Edwardsville, which will host the track and field and wrestling events during the festival, has reached the final stages of construction on a stadium which will seat 10,000 spectators for track events.

"We're really closing in on being finished," SIUE assistant athletic director Brad Hewitt said. Hewitt is also in charge of the track site during the festival. "With the exception of some exterior

finishing work and some work involving the scoreboard, we've gone as far as we can go until the weather improves."

Hewitt said the remaining work includes erection of fences and work on the track itself, which will require warm weather and drier ground to accomplish. Both tasks should be easily accomplished by the Olympic Festival's July 8th starting date.

Approximately 10,000 fans are expected to attend the events at SIUE each day.

The stadium has cost approximately \$5 million to build, but revenue should exceed the cost of preparation many times over. Southwestern Illinois Development Authority figures estimate

the total revenue generated from the entire Olympic Festival in the St. Louis area will be approximately \$45 million. Those figures are projected from revenues at the 1993 Olympic Festival in San Antonio.

More than \$5 million of the field construction costs were paid by the state of Illinois, while the rest was received in the form of private and corporate donations.

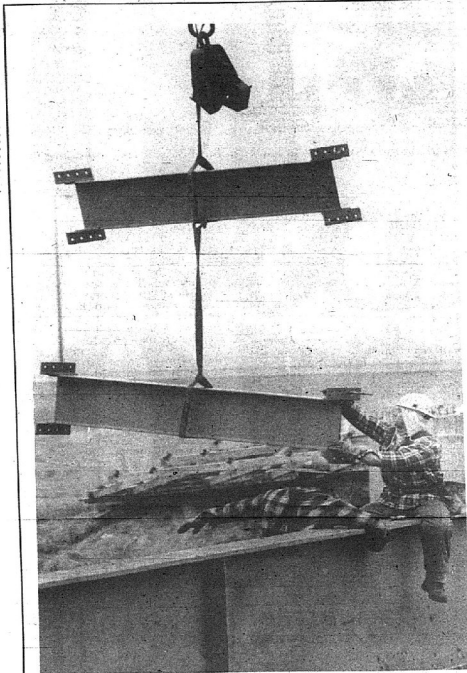
In addition to generating revenue for Edwardsville community during the Olympic Festival, SIUE track coach and Olympic Festival events coordinator Harry Lang said the stadium will help the university in the future.

The stadium will be the playing site for SIUE's

track and field and soccer teams, Lang said, and will house locker and training facilities for its cross country and softball programs.

"It's difficult for a school as new as SIUE to compete with many other schools in terms of recruiting for athletic programs," Lang said. "Eighty percent of recruiting is determined by the facilities a program has to offer, and now I can look any potential recruit in the eye and tell them they won't find a better facility anywhere."

In addition to offering improved facilities for SIUE's own teams, Lang said the school will use the stadium to lure high school and track events as well as National Collegiate Athletic Association championship events and tournaments.



(Staff photos by JOHN SWISTAK JR.)

Going up — The Interstate 255 bridge over I-270 is on the way up. Above, a crane lowers a section of structural steel into place last Wednesday. At left, ironworker Danny Baver of Edwardsville, left, helps guide a piece of steel as it is lowered by the crane. At right, Rick Langley of Bonne Terre, Mo., and Baver connect a section of the new bridge. Keller Construction of Edwardsville is the general contractor for the project.



Coroner's cars are authorized

The Madison County Board's Finance Committee has recommended buying two sedans for the coroner's office.

Acting on the recommendation of the Central Services Committee, Finance Committee members voted 4-1 Thursday to buy the two cars from a state bidding pool for \$13,600 each.

The purchase, which must be approved by the full County Board, was delayed earlier in January when some board members argued local dealerships should be given a chance to bid on the vehicles.

Central Services Committee members, however, decided local dealers have been unreliable in meeting the special equipment needs of county vehicles in the past and opted for the state pool.

— From the Alton Telegraph

Free cataract surgery offered

February is National Sight Saving Month and, in response, Mission Cataract USA '94 is offering a day of free cataract surgery to people in need.

Appointments for local residents are now being made at 876-6333.

"We are acutely aware of people in our own area that need cataract surgery but who cannot afford it and are not covered by any insurance," said Dr. D.C. Schnellmann of Illinois Eye Specialists.

Mission Cataract began in 1991 when Frederick A. Richburg, M.D., medical director of Valley Eye Institute in Fresno, Calif., offered free cataract surgery one Saturday in May to patients

of all ages who had no means to pay for the surgery.

In 1993, the program expanded nationwide and 112 clinics and hospitals provided free cataract surgery to more than 1,100 people.

This year, more than 400 ophthalmologists are expected to participate in Mission Cataract USA '94 offering surgeries nationwide for patients of all ages who have no Medicare, Medicaid, third-party insurance or any other ability to pay.

The free surgeries will be performed at more than 100 clinics and hospitals throughout the United States.

Locally, Illinois Eye Specialists, with offices in

Granite City and Maryville, will be offering free screenings Feb. 7 through Feb. 11 by appointment only.

A spokesman said, "If you are visually impaired and have no insurance and are in financial need, call 876-6333 in Granite City and 288-7266 in Maryville to set up your appointment for cataract screening."

Eligible candidates will receive an eye exam and be scheduled for surgery Feb. 19.

The surgeries will be performed at the Eyes of Illinois Surgery Center and will include lens implants and follow-up care.

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30 Days of Fitness develops leaders

Making tomorrow's world better by developing leaders today is the guiding vision of the National Council on Youth Leadership (NCYL).

NCYL, a national organization based in St. Louis, sponsors 30 Days of Fitness, a leadership program for St. Louis/Metro East high schools.

Teams composed of 10 high school juniors guided by a faculty member are given the opportunity to develop leadership skills by planning and implementing wellness programs in their schools and communities.

The skills include team building, goal setting, planning, documentation and strong communication.

Being a teenager today presents far more challenges than ever.

The issues of violence, guns, gangs, alcohol and tobacco abuse, AIDS and teen suicide strike hard at today's young people.

The 30 Days of Fitness program calls on and local students to use positive peer pressure to help reduce health risks while developing important leadership skills.

This year 61 public, private, Missouri and Illinois high schools will participate in the program.

Students will begin March 8 at the University of Missouri-St. Louis by attending leadership workshops. They will listen to Carole Harder, NCYL's national chairwoman, and motivational speaker Terrence Freeman.

Student teams will implement wellness activities in their schools and communities during April.

Educators provide support with 11 hospitals, businesses and community health agencies.

NCYL's 30 Days of Fitness is held in conjunction with Washington University, UMSL and St. Louis County Department of Human Services.



MetroLink use is much better than projected

By Jennifer Slosar
Staff writer

More people are riding the MetroLink light-rail system than even MetroLink had predicted.

Since its opening, MetroLink's average weekday ridership has exceeded preliminary projections by one-third, according to MetroLink statistics released last week by the Bi-State Development Agency.

The December 1993 statistics show the popularity of the integrated bus/light-rail system is holding steady five months after its introduction to the St. Louis region.

Preliminary estimates for the full rail line once it was completed — including the yet to be completed Airport Main Terminal Station — were for 17,000 passengers a day to use MetroLink by the end of 1993.

From Aug. 1 through Dec. 31, MetroLink's weekday ridership has averaged 23,000 passengers a day — without the airport extension.

Average weekday ridership for the months August through December is as follows: August, 25,500; September, 20,000; October, 22,500; November, 23,000; and December, 23,500.

Figures for average weekend ridership are not quite as spectacular.

Weekend ridership had been fluctuating, but it is currently running even with the projection of 17,000 riders daily, said Linda Hancock, director of communications for Bi-State.

"A lot of people were using MetroLink during the summer months," she said. "Our high weekend ridership was 31,000 on a Sunday in August. Our low weekend ridership came in at 12,400 on a Sunday in October."

Statistics indicate the integration of the bus and rail network is also proceeding smoothly.

Bi-State's fixed-route bus ridership has increased nearly 3 percent compared to the same period last year, said Jack Leary, Bi-State's executive director.

Judging from recent statistics, our goals

"In general, there has been good ridership retention. As more and more people try MetroLink, they see what it can do for them."

— Tom Shrout

of maximizing MetroLink and bus ridership, while improving transfer connections and travel possibilities, have been successfully met with the integrated bus-rail system," Leary said in a prepared statement.

Tom Shrout is director of Citizens for Modern Transit, a public transportation advocacy group which has been conducting its own studies of MetroLink.

Shrout says there are a number of factors behind the positive public response to the system.

"In general, there has been good ridership retention," Shrout said. "As more and more people try MetroLink, they see what it can do for them."

Response to the Forest Park Shuttle Bug program last summer indicates people are willing to use a smaller bus to transfer to MetroLink, he said.

Shrout added that the frequency of train service is another feature of MetroLink that makes the system competitive with car transportation.

"The frequency of service is another benefit, especially in the bad weather when passengers are going by people stuck in the snow and the ice," Shrout said.

With some exceptions, Shrout said, coordination between MetroLink and the buses has been good. His organization is making recommendations to help lighten up coordination between the bus drivers and the light-rail system for riders who transfer between the two systems.

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County may alter pay for mileage

Another tune-up of Madison County Board rules on mileage reimbursements is expected to put the brakes on board members who may be trying to collect money for trips they never made.

"I've been badgered every meeting by two, three, four board members who come to me wanting to know why they haven't been paid," Auditor Fred Bathon told the Finance Committee on Thursday.

Bathon said the committee needed to clarify mileage rules because he suspected some board members were billing for more trips than they were actually making.

In general, Bathon said, confusion still reigns about what's allowed and what's not. "I have to tell them that a lot of these claims just aren't permitted under County Board rules, rules they voted on themselves," Bathon said.

The Finance Committee, which sets mileage policy, made yet another attempt Thursday to clarify the rules and cut down on the amount of feuding between board members and Bathon's office.

The committee voted 4-1 to restrict reimbursable trips to those actually made, eliminating the potential for double dipping when one trip to Edwardsville was made for more than one committee meeting.

Mileage reimbursement for board members, which averages less than \$20 a month per board member, has been a touchy subject for more than a year since board member Don Garrett of Madison was criticized for collecting money for trips to nonexistent meetings.

Since then, the committee has made repeated amendments to its mileage regulations to prevent similar abuses, but flare-ups are common at the monthly County Board meetings, where a small number of the board's 29 members regularly harangue Bathon about mileage payments they have not received.

The latest recommendation from the Finance Committee bars a board member from collecting for two trips for two committee meetings if only one trip was made to Edwardsville. "I know it may seem insignificant, but I'm tired of the same board members coming up to me and my staff every month complaining about mileage checks they never received," Bathon said.

Committee member Don Rea of Pontoon Beach, who is opposed to all types of mileage reimbursements for board members, cast the sole "no" vote.

Voting "yes" were committee Chairman Bill Little of Alton, Jack Frandsen of Alhambra, Rudy Papa of Bethalto and Alan Durstun of Troy.

Disputes over mileage payments have led to bad blood between board members and other officials.

A rule adopted after disclosure of Garrett's mileage for nonexistent meetings stipulated that board members could only be reimbursed for meetings listed on the official calendar of committee meetings.

Last year, board member Homer Henke of Moro was caught up in the fray when he submitted a mileage claim for a meeting that was held but had inadvertently been left off the official calendar.

Since Henke's meeting had not been posted on the calendar, he was denied reimbursement.

Rather than make an issue, Henke, who had been unaware the meeting was not properly posted, withdrew his mileage claim.

— From the Alton Telegraph

Scuba diving class planned

Instruction in scuba diving, in preparation for Openwater Certification, will be held at Southern Illinois University at Edwardsville in February.

Sponsored by the Office of Continuing Education, classes are scheduled Sundays from 4 to 8 p.m., Feb. 6-27.

Classes will be held in Room 2002 and at the Vadalabene Center pool.

Registration is \$115 for SIUE students with identification and \$165 for faculty, staff and their immediate families.

The course fee includes the use of all equipment, textbook, dive tables, mask, fins and snorkel.

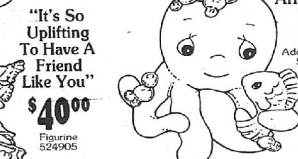
Instruction, which will be provided by Windwalker Scuba, is certification preparation only. Two open-water dives are required to obtain certification.

Additional information may be obtained by contacting the SIUE Office of Continuing Education at 682-3210.

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Editorials

City must face looming crisis

"There is little doubt that a profound crisis looms ahead for the (Granite City) city and township; their officials and their residents," says the Melville Strategic Management Review of Granite City and Granite City Township Operations.

"Without fundamental changes, the city and township face continuing revenue shortfalls, painful program cutbacks and deteriorating infrastructure. They face an era of sacrifice and hard choices with no savior in sight."

"Officials who doubt this need only look to East St. Louis, their neighbor to the south, for a harbinger of failed municipal planning, management and leadership."

"While these words are alarming, they are not alarmist. It really is possible for Granite City to become, in many respects, another East St. Louis. And every year that passes without a fundamental change in the way government works, that possibility edges closer to becoming reality."

The group of businessmen who helped fund the Melville Review are by no means radical purveyors of doom. They are people who have invested their lives and fortunes in the Granite City area who want to see that investment protected. Politics-as-usual will not do that.

The Melville report, presented to city officials Aug. 17, makes a lot of sense on the surface. If services can be provided more easily, less expensively and more effectively, they should be.

"If no personalities and no jobs were affected, if no legal or constitutional restrictions were involved, we suspect that many of the recommendations would be implemented rather quickly. Of course, there are those 'its' to be considered."

Several years ago, the leaders of National Steel — the parent company of Granite City Steel — told its workers and management that everyone needed to work harder and work smarter or face the very real possibility of not working at all. National Steel employees responded to the challenge and the company weathered that storm.

Similar challenges have been made in recent years throughout the private sector. Where the challenge — however painful — was met, the business continues to operate. But where change wasn't made — perhaps because it was seen as too painful — many times the result has been closed factories.

"Downsizing" and "reorganization" have become dirty words, but they will never be as bad as "cease operations."

Granite City has reached a point where it must make a decision. Politics-as-usual may be the most painless step to take today, but it only lead to a very painful result — the end of city services and operations.

On the other hand, the changes recommended by the Melville study will be painful today, but in the long run they will assure the future of city services and operations.

As the author of the Melville Report said in presenting it to the city-township government, a crisis looms ahead. If Granite City does not adopt 21st-century techniques, it won't be able to cope with the challenges on its horizon. And East St. Louis has shown us what will happen then.

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(Staff photo by PAM DOEPKE-HURD)

The former home of Graham's Book Store, founded in 1922 by W. Carl Graham at the corner of Niedringhaus and Delmar avenues, was once a popular downtown business. At the height of its popularity, Graham's was open seven days a week and offered a book rental department as well as books, magazines and other items for sale. A slowdown in business prompted Graham's nephew, Roy Graham, to sell the business in August 1976. The building, which was more recently occupied by Coordinated Youth and Human Services, is now vacant and is being targeted for demolition.

•Changes

(Continued from Page 1A)

officials and their residents," the study found.

"Without fundamental changes, the city and township face continuing revenue shortfalls, painful program cutbacks and deteriorating infrastructure. They face an era of sacrifice and hard choices with no savior in sight."

"Officials who doubt this need only look to East St. Louis, their neighbor to the south, for a harbinger of failed municipal planning, management and leadership," the report states.

The study goes on at great length and in fine detail into the city's dependence on one-time revenues, lack of planning, and trends in population and levels of services.

One needs only to drive down streets riddled with potholes and

lined with deteriorating and vacant buildings to find ample evidence of either the decline in city resources or its inability to utilize the resources effectively.

Current trends indicate the city will deplete its resources in approximately a year and a half, City Comptroller K.P. MacTaggart said last week.

He said the city had a cash reserve of about \$2,070,000 as of May 1, 1993.

But since that time, a \$672,791 deficit budget was passed in July '93.

That budget included no provision for raises for any city employees except those in the police department, who won pay increases in arbitration. The 1993-94 budget deficit will increase to nearly \$1 million if the city gives comparable across-the-board, retroactive raises to other city workers. (See CHANGES, Page 7A)

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•Changes

(Continued from Page 6A)

MacTaggart said.

In 1994-95, MacTaggart said, the city is probably looking at another \$1 million deficit budget. If these trends continue, he said, it will take another three months (or by about July 1, 1995) to deplete reserves. He added that a number of variables — such as lawsuits and sewer breaks — could worsen that projection.

Cities exist, for the most part, to provide services to residents. Property taxes, utility taxes and other revenues are the resources cities may use to provide those services.

But when resources decline, the two most obvious and least difficult options available are to increase revenues (usually in the form of higher taxes) or to cut services.

The first option (higher taxes) usually prompts an exodus of residents and existing businesses — resulting in further erosion of the tax base and making it more difficult for cities to compete in the effort to attract new business.

Similarly, when a city cuts services, it eliminates the very reason for its existence.

But the Melville study offers a third option — find ways to provide services more efficiently

with existing resources.

"Granite City's resources, while more than sufficient to fund a full range of municipal services, are no longer sufficient to support antiquated government structures and management practices," the study states.

In effect, the study recommends action characterized by a popular catch phrase of the '90s: "reinventing government."

The most imposing obstacle to Granite City's ability to change course and preserve its future, according to the study, is its "ineffective and antiquated governance structure."

The city, according to the study, "has become a \$15 million business with many of the most unfortunate characteristics of a small, family-run business."

The study urges city leaders to act now to avoid the impending crisis rather than waiting, like East St. Louis did, until it is too late.

"As the city's — and the township's — elected officials deliberate, their relatively high operating costs continue to escalate," the report states.

The report makes numerous detailed, departmental recommendations for improving city and township operations, but the most critical observations are those that deal with citywide issues, the report states.

Among the major citywide recommendations are:

- Adopting a city manager or administrator form of government and redefining the mayor's position accordingly;

- Making the clerk, treasurer and street superintendent appointed rather than elected and reassigning the current clerk and treasurer staffs to the controller's department;

- Consolidating and coordinating the inspection process; and

- Developing a phased plan to dissolve the township form of government.

"Granite City has the wisdom and courage to choose the right path," the report states.

"While this path entails abandonment of obsolete practices, it will ensure a promising future."

"By identifying common values and hopes, civic leaders can build a consensus for change. By investing carefully in employees, new technology, service innovations and infrastructure, city leaders can build a firm foundation for future residents of Granite City."

Over the next two weeks, we will be looking in-depth at the specific citywide recommendations contained in the Melville Strategic Management Review of Granite City and Granite City Township Operations.



(Staff photo by PAM DOEPKE-HURD)

This debris is all that is left of the former Sambo's Restaurant, 3995 Nameoki Road. The 120-seat restaurant opened in June 1976 as the 628th in the nationwide chain and was often filled to capacity during its heyday. After a couple of unsuccessful reincarnations and a long period of vacancy, the building was demolished last month.

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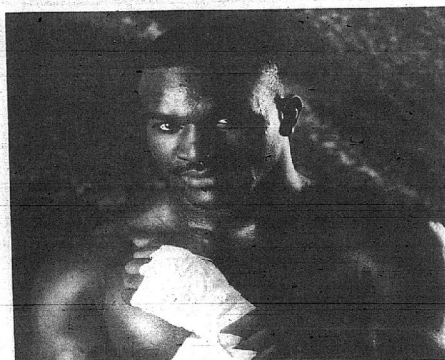
U.S. Olympic Festival - '94 Ticket Kickoff Saint Louis Galleria February 5 - 6

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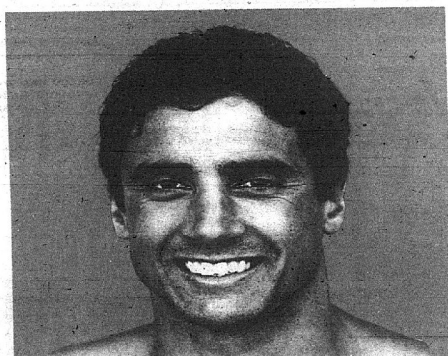
All tickets go on sale at 10:00 a.m. on February 5. Plus, autographs, entertainment, sports demonstrations, a celebrity basketball challenge, interviews and more.



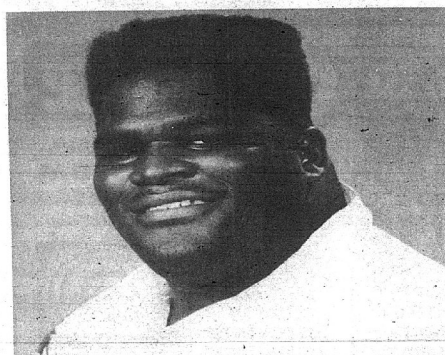
Mary Lou Retton



Evander Holyfield



Pablo Morales



Mark Henry

SCHEDULE OF ACTIVITIES

Saturday February 5

10:00 a.m.	Shopping Center opens Tickets go on sale
10:30 a.m.	Opening Ceremony - Cleveland ROTC Band
10:00 a.m. - 9:30 p.m.	Sports demonstrations throughout the day
11:00 a.m. - 3:00 p.m.	Mary Lou Retton
12:00 p.m. - 1:00 p.m.	Celebrity Basketball Challenge
12:00 p.m. - 12:30 p.m.	Speedy performs
1:00 p.m. - 3:00 p.m.	Evander Holyfield
1:30 p.m. - 2:30 p.m.	Ralph Butler Band performs
3:30 p.m. - 7:30 p.m.	Mark Henry
4:30 p.m. - 8:00 p.m.	Pablo Morales
5:00 p.m. - 8:00 p.m.	Wendy Lian Williams
9:30 p.m.	Shopping Center closes

Sunday February 6

12:00 p.m.	Shopping Center opens Tickets go on sale
12:00 p.m. - 6:00 p.m.	Sports demonstrations Throughout the shopping center
12:00 p.m. - 12:45 p.m.	Opening Ceremony - Cheerleaders and Dancers
1:00 p.m. - 3:30 p.m.	Pablo Morales
1:30 p.m. - 2:00 p.m.	Speedy performs
2:00 p.m. - 5:00 p.m.	Wendy Lian Williams
3:00 p.m. - 5:30 p.m.	Mark Henry
5:00 p.m. - 5:30 p.m.	U.S. Olympic Festival - '94
6:00 p.m.	Fashion show Shopping Center closes



U.S. OLYMPIC FESTIVAL - '94
JULY 1-10 1-800-94GAMES

(F) = Finals
(B) = Bronze Medal Game(s)
(G) = Gold Medal Game(s)
(T) = Team Competition
(M) = Men's Competition
(W) = Women's Competition
Series = One ticket for each session

Opening Ceremonies
St. Louis Gateway Arch,
Free
Fri - Jul 1 -- 8:00 pm

Busch Stadium
\$8.00
Sun - Jul 10 -- 7:00 pm (Immediately
Following Gold Medal Baseball Game)

Forest Park West of the Planetarium
\$4.00 Finals \$6.00

Sat - Jul 2 -- 9:30 am (M/W)
Sat - Jul 2 -- 1:30 pm (M/W)
Sun - Jul 3 -- 9:30 am (W)
Sun - Jul 3 -- 1:30 pm (W)(F)
Mon - Jul 4 -- 9:30 am (M)
Mon - Jul 4 -- 1:30 pm (M)(F)
Tue - Jul 5 -- 9:30 am (W)(T)
Tue - Jul 5 -- 1:30 pm (M)(T)

Badminton
Fontbonne College Mabee Gymnasium
\$4.00 Finals \$6.00

Series #25.00
Wed - Jul 6 -- 6:00 pm (M/W)
Thu - Jul 7 -- 12:00 pm (M/W)
Thu - Jul 7 -- 6:00 pm (M/W)
Fri - Jul 8 -- 6:00 pm (M/W)(B)
Sat - Jul 9 -- 12:00 pm (M/W)(C)
Sat - Jul 9 -- 6:00 pm (M/W)(C)

Baseball
Busch Stadium
\$5.00 Gold Medal Game \$8.00
Series \$35.00
Thu - Jul 7 -- 1:00 pm
Thu - Jul 7 -- 7:00 pm
Fri - Jul 8 -- 1:00 pm
Fri - Jul 8 -- 7:00 pm
Sat - Jul 9 -- 1:00 pm
Sat - Jul 9 -- 7:00 pm
Sun - Jul 10 -- 1:00 pm (B)
Sun - Jul 10 -- 5:00 pm (G)

Basketball
University of Missouri - St. Louis Mark
Twain Center and St. Louis Arena
\$6.00 at UMSL (U)
\$8.00 to \$10.00 at Arena (A)
Series \$45.00
Sat - Jul 2 -- 12:00 pm (M/W)(U)
Sat - Jul 2 -- 5:30 pm (M/W)(U)
Sun - Jul 3 -- 12:00 pm (M/W)(U)
Sun - Jul 3 -- 5:30 pm (M/W)(U)
Mon - Jul 4 -- 10:00 am (M/W)(U)
Mon - Jul 4 -- 5:30 pm (M/W)(U)
Tue - Jul 5 -- 12:00 pm (M/W)(A)(B)
Tue - Jul 5 -- 6:00 pm (M/W)(A)(C)

Bowling
Tropicana Lanes
\$4.00
Series \$34.00
Sat - Jul 2 -- 9:00 am & 2:00 pm
Sun - Jul 3 -- 9:00 am & 2:00 pm
Mon - Jul 4 -- 9:00 am & 2:00 pm (T)
Tue - Jul 5 -- 9:00 am & 2:00 pm
Wed - Jul 6 -- 9:00 am & 2:00 pm

Fox Theatre
\$12.00 Finals \$14.00
Series \$32.00
Sat - Jul 2 -- 2:00 pm
Sun - Jul 3 -- 2:00 pm
Tue - Jul 5 -- 7:00 pm (F)

Canoe/Kayak
Whitewater (WW): Six Flags
With Admission to Park
Wed - Jul 6 -- 9:30 am (M/W)
Thu - Jul 7 -- 10:00 am (M/W)

Flatwater (FW): Lake St. Louis
Free
Wed - Jul 6 -- 9:00 am (M/W)
Thu - Jul 7 -- 9:00 am (M/W)

Time Trials: Alton River Rd
Free
Thu - ~~Jul 7~~ - 9:00 am (M/W)
Road Race: Babler State Park
Free
Fri - ~~Jul 8~~ - 8:30 am (M/W)

St. Peters Rec-Plex
\$10.00 Finals \$12.00
Series \$90.00
 Sat - Jul 2 -- 5:00 pm (W)
 Sat - Jul 2 -- 8:30 pm (M)
 Sun - Jul 3 -- 5:00 pm (M)
 Sun - Jul 3 -- 8:30 pm (W)
 Mon - Jul 4 -- 4:30 pm (W)
 Mon - Jul 4 -- 7:30 pm (M)
 Tue - Jul 5 -- 4:30 pm (W)(F)
 Tue - Jul 5 -- 7:30 pm (M)(F)
 Wed - Jul 6 -- 4:30 pm (W)(F)
 Wed - Jul 6 -- 7:30 pm (M)(F)

Bridlespur Hunt Club
\$12.00
Series \$40.00
Sat - Jul 2 -- 10:00 am (Jumping)
Sun - Jul 3 -- 10:00 am (Jumping)
Mon - Jul 4 -- 10:00 am (Dressage)
Tue - Jul 5 -- 10:00 am (Dressage)

Queeny Park
\$4.00 Finals \$6.00
Series \$18.00
Fri - Jul 8 -- 10:00 am (M/W)(T)
Fri - Jul 8 -- 7:00 pm (M/W)(T)
Sat - Jul 9 -- 10:00 am (M/W)(T)
Sat - Jul 9 -- 7:00 pm (M/W)(T)
Sun - Jul 10 -- 8:00 am (M/W)(F)

Field Hockey
St. Louis Soccer Park
\$6.00 Finals \$8.00
Series \$56.00
Sat - Jul 2 -- 6:30 pm (M)
Sun - Jul 3 -- 6:30 pm (W)
Mon - Jul 4 -- 6:30 pm (M)
Tue - Jul 5 -- 8:30 am (W)
Tue - Jul 5 -- 6:30 pm (M)
Wed - Jul 6 -- 6:30 pm (W)
Thu - Jul 7 -- 6:30 pm (M)(F)
Fri - Jul 8 -- 8:30 am (W)(F)
Fri - Jul 8 -- 6:30 pm (M)(B)(G)(F)
Sat - Jul 9 -- 6:30 pm (W)(B)(G)(F)

Figure Skating
St. Louis Arena
\$15.00
Series \$50.00
Sat - Jul 2 -- 12:00 pm Pairs, Women's Technical (F)
Sat - Jul 2 -- 7:00 pm Pairs, Men's Technical, Compulsory Dance (F)
Sun - Jul 3 -- 1:00 pm Pairs, Women's Freestyle (F)
Sun - Jul 3 -- 7:00 pm Pairs, Free Dance, Men's Freestyle (F)

Gymnastics (Artistic)
America's Center (Convention Center)
\$15.00
Series \$50.00
Thu - Jul 7 -- 7:00 pm (M)(T)(F)
Fri - Jul 8 -- 7:00 pm (W)(T)(F)
Sat - Jul 9 -- 7:00 pm (M)(F)
Sun - Jul 10 -- 4:00 pm (W)(F)

Gymnastics (Rhythmic)
America's Center (Convention Center)
\$8.00
Series \$14.00
Mon - Jul 4 -- 7:00 pm
Tue - Jul 5 -- 7:00 pm

St. Louis Arena
Reserved Seating
\$10.00 Finals \$12.00
Series \$70.00
Mon - Jul 4 -- 12:00 pm
Mon - Jul 4 -- 5:00 pm
Wed - Jul 6 -- 7:00 pm
Thu - Jul 7 -- 7:00 pm
Fri - Jul 8 -- 7:00 pm
Sat - Jul 9 -- 7:00 pm
Sun - Jul 10 -- 12:00 pm (G)
Sun - Jul 10 -- 3:00 pm (G)

Washington University - Recreational
Gymnasium
\$6.00
Series \$10.00
Sat - Jul 9 -- 2:00 pm (M/W)
Sun- Jul 10 -- 2:00 pm (M/W)

Queeny Park
\$4.00
Series \$10.00
Wed - Jul 6 -- 8:00 am (W)
Thu - Jul 7 -- 8:00 am (M)
Fri - Jul 8 -- 8:00 am (T)

Racquetball
Town & Country Racquetball Club
\$4.00 Finals \$6.00
Series \$24.00
Wed - Jul 6 -- 9:00 am (M/W)
Thu - Jul 7 -- 9:00 am (M/W)
Fri - Jul 8 -- 9:00 am (M/W)
Sat - Jul 9 -- 9:00 am (M/W)(F)
Sun - Jul 10 -- 8:00 am (M/W)(F)
Sun - Jul 10 -- 2:00 pm (M/W)(F)

Roller Skating
 Queens Park
 \$5.00
Series \$25.00
 Sat - Jul 2 -- 1:00 pm (M/W)
 Sat - Jul 2 -- 7:00 pm (M/W)
 Sun - Jul 3 -- 1:00 pm (M/W)
 Sun - Jul 3 -- 7:00 pm (M/W)
 Mon - Jul 4 -- 1:00 pm (M/W)
 Mon - Jul 4 -- 7:00 pm (M/W)

Rowing
Lake St. Louis
Free
Fri - Jul 8 -- 8:00 am (M/W)
Sat - Jul 9 -- 8:00 am (M/W)
Sun - Jul 10 -- 8:00 am (M/W)

Free
Fri - Jul 8 -- 12:00 pm (M/W)
Sat - Jul 9 -- 12:00 pm (M/W)
Sun - Jul 10 -- 12:00 pm (M/W)

Shooting
Rifle & Pistol: Forest 44
Trap & Skeet: St. Louis Skeet & Trap
\$6.00
Series \$15.00 per site
Forest 44
Sat - Jul 2 -- 8:30 am (M/W)
Sun - Jul 3 -- 8:30 am (M/W)
Mon - Jul 4 -- 8:30 am (M/W)
St. Louis Skeet & Trap Club
Sat - Jul 2 -- 9:00 am (M/W)
Sun - Jul 3 -- 9:00 am (M/W)
Mon - Jul 4 -- 8:30 am (M/W)

St. Louis Soccer Park
\$6.00 Finals \$8.00
Series \$44.00
Sat - Jul 2 -- 6:00 pm (W)
Sun - Jul 3 -- 6:00 pm (M)
Mon - Jul 4 -- 6:00 pm (W)
Tue - Jul 5 -- 6:00 pm (M)
Wed - Jul 6 -- 6:00 pm (W)
Thu - Jul 7 -- 4:00 pm (M)
Fri - Jul 8 -- 6:00 pm (W)(G)(F)
Sat - Jul 9 -- 6:00 pm (M)(B)(G)(F)

Softball
Fountain Lakes Softball Center
\$6.00 Medal Rounds \$8.00
Series \$26.00
Sat - Jul 2 -- 11:30 am (M/W)
Sun - Jul 3 -- 11:30 am (M/W)
Mon - Jul 4 -- 5:00 pm (M/W)
Tue - Jul 5 -- 5:00 pm (M/W)
Wed - Jul 6 -- 4:00 pm (M/W)(B)(G)

Speedskating
St. Louis Arena
\$6.00
Series \$10.00
Wed - Jul 6 -- 1:30 pm (M/W)
Thu - Jul 7 -- 1:30 pm (M/W)

Swimming
St. Peters Rec-Plex
\$10.00
Series \$25.00
Sat - Jul 2 -- 12:00 pm (M/W)
Sun - Jul 3 -- 12:30 pm (M/W)
Mon - Jul 4 -- 1:00 pm (M/W)

Synchronized Swim
St. Peters Rec-Plex
\$6.00 Finals \$8.00
Series \$15.00
Fri - Jul 8 -- 10:00 am
Sat - Jul 9 -- 12:00 pm (F)
Sun - Jul 10 -- 3:00 pm (F)

University of Missouri - St. Louis Mark
Twain Center
\$6.00 Finals \$8.00
Series \$24.00
Fri - Jul 8 -- 12:30 pm (M/W)
Fri - Jul 8 -- 6:00 pm (M/W)(F)
Sat - Jul 9 -- 12:30 pm (M/W)
Sat - Jul 9 -- 6:00 pm (M/W)(F)

Table Tennis
Webster University Gymnasium
\$4.00 Finals \$6.00
Series \$35.00
Thu - Jul 7 -- 9:00 am (M/W)
Thu - Jul 7 -- 1:00 pm (M/W)(T)
Fri - Jul 8 -- 9:00 am (M/W)
Fri - Jul 8 -- 12:00 pm (M/W)(T)
Fri - Jul 8 -- 4:00 pm (M/W)(T)(F)
Sat - Jul 9 -- 9:00 am (M/W)(F)
Sat - Jul 9 -- 12:00 pm (M/W)
Sun - Jul 10 -- 9:00 am (M/W)
Sun - Jul 10 -- 12:00 pm (M/W)(F)

Team Handball
Washington University Recreational
Gymnasium
\$5.00 Finals \$6.00
Series \$35.00
Sat - Jul 2 -- 2:30 pm (M/W)
Sat - Jul 2 -- 7:00 pm (M/W)
Sun - Jul 3 -- 2:30 pm (M/W)
Sun - Jul 3 -- 7:00 pm (M/W)
Mon - Jul 4 -- 2:30 pm (M/W)
Mon - Jul 4 -- 7:00 pm (M/W)
Wed - Jul 6 -- 2:30 pm (M/W)(B)(F)
Wed - Jul 6 -- 7:00 pm (M/W)(G)(F)

[illegible]

Quinn urges faster auto title processing

SPRINGFIELD—State Treasurer Patrick Quinn says his proposal to speed up processing auto titles will put vehicle owners back in the driver's seat.

But the Secretary of State's Office, which is responsible for those titles, says Quinn is heading in the wrong direction.

Quinn wants the state to refund title fees to any driver who has to wait longer than 30 days for a title. The proposal is sponsored by Rep. Bill Edley, D-Macomb.

Quinn said taxpayers wait far too long to receive automobile titles from the Secretary of State George Ryan's office. He charged Ryan with "inconveniencing the consumer."

The proposal prompted the latest verbal wrangling between candidates for secretary of state. Quinn, a Democrat, is challenging Sen. Denny Jacobs of East Moline in the March primary.

The winner would face Republican Ryan in the fall.

Quinn called the proposed legislation "a fire ball in the night" to the person on top over there that he better get going on service. Government is supposed to serve people, not burden them."

But Mike Murphy, spokesman for Ryan, said Quinn doesn't

have his facts straight.

Every one of the 3.4 million titles the Secretary of State's Office processed last year went out in four weeks or less, Murphy said. And, every title transfer for someone about to sell an automobile was processed within seven days, he added.

"The only thing (Quinn) got right is when he said: 'I don't know what's going on over there,'" Murphy said. "He certainly doesn't."

He said Ryan has instituted programs to improve service, including extending hours at state license offices and allowing people to renew their vehicle stickers by telephone.

Quinn contends the problem with automobile titles has worsened since Ryan took office, despite a title-fee increase that generated \$12 million more for the Secretary of State's Office.

Murphy said that money is earmarked for specific services, such as library construction, literacy programs and organ donor awareness promotions.

Quinn's proposal to refund fees would only steal dollars from necessary programs, Murphy said.

—From the Alton Telegraph

Early Childhood Center at SIUE is accredited

The Early Childhood Center at Southern Illinois University at Edwardsville has been accredited by the National Academy of Early Childhood Programs, the academy announced recently.

The Early Childhood Center, located on the University campus, serves approximately 85 children from ages 2 to 11, according to its director, La Verne Wilson.

"Accreditation helps answer the question, 'What is a quality preschool program?'" said Dr. Marilyn Smith, executive director of the National Association for the Education of Young Children (NAEYC), which sponsors the academy.

"Most parents want to find the highest quality program for their young children" however, fewer parents know how to access whether a program meets more than just the minimum standards required by state licensing.

To become accredited, the Early Childhood Center had to meet a variety of strict criteria related to providing a developmentally appropriate program for preschool-aged children. These criteria range from having a well-qualified and trained staff, to meeting stringent health and safety standards.

In addition, the program must provide opportunities for parental involvement. Accreditation includes an on-site study of the program by professional validators and a final review by a three-member panel of commissioners who are experts in the field of early childhood education.

"The nationwide accreditation of early childhood programs, such as the SIUE Early Childhood Center, benefits parents, children, program personnel and society," Wilson said.

The Academy's standards were developed over a three-year period with input from thousands of educators and administrators from across the country. In 1985, the first program was accredited by NAEYC. At present, more than 2,500 programs across the country, including U.S. military installations around the world, have been accredited by the academy.

Space research to be discussed

The benefits of conducting research in space will be the subject of a national satellite video-conference entitled, "A New Era of Discovery: Plans for Research on Space Station," that will be held from noon to 2 p.m., Thursday, Feb. 17.

The local linkup site will be Belleville Area College's Belleville Campus, 2200 Carlyle Road, EAC's Business Assistance Center is sponsoring the conference locally.

Scientists with the National Aeronautics and Space Administration (NASA) will explain the benefits of research on the planned space station.

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Official New Vehicle of the Midwest Boat Shows
Friday February 11 is Family Day when kids 12 and under enter free with an adult!
ST. LOUIS BOAT & SPORTS SHOW
February 8-13 - Cervantes Center

Friday, Feb. 8: 10 a.m. - 6 p.m.
Saturday, Feb. 9: 10 a.m. - 6 p.m.
Sunday, Feb. 10: 10 a.m. - 6 p.m.
Adults: \$6 • Children: \$2

Controller of the Currency
Administrator of National Banks

REPORT OF CONDITION
Consolidating domestic subsidiaries of the
THE FIRST NATIONAL BANK IN MISSOURI
Date of Bank: 12/31/93 City: CAIRO, MO

In the state of MISSOURI, at the close of business on December 31, 1993,
published in response to call made by Controller of the Currency, under title 12, United States Code, Section 182,
charter number 11257. Controller of the Currency (12/31/93)

Statement of Resources and Liabilities

ASSETS	Thousands of dollars
Cash and balances due from depository institutions:	
Interest-bearing balances and currency and coin	2,594
Interest-bearing balances	14,426
Securities	425
Federal funds sold	0
Equities purchased under agreements to resell	0
Loans and lease financing receivables:	
Loans and leases, net of unearned income	21,447
Loans and leases, net of deferred income, allowances, and reserves	497
Loans and leases, net of deferred income, allowances, and reserves	0
Assets held for sale	0
Other real estate owned	0
Receivables and other assets (including cashed items)	0
Other real estate owned	0
Bank's liability to its bank on acceptance outstanding	0
Intangible assets	0
Other assets	1,644
Total assets	36,111
Liabilities deferred pursuant to 12 U.S.C. 1823(a)	0
Total assets and liabilities deferred pursuant to 12 U.S.C. 1823(a)	36,111

LIABILITIES	Thousands of dollars
Deposits:	
In domestic offices	5,781
Noninterest-bearing	0
Interest-bearing	0
Federal funds purchased	0
Securities sold under agreements to repurchase	0
Deposits held for the U.S. Treasury	0
Other borrowed money	0
Bank's liability on acceptance outstanding	0
Subordinated notes and debentures	0
Other liabilities	0
Total liabilities	5,781
Liabilities deferred pursuant to 12 U.S.C. 1823(a)	0
Total liabilities and liabilities deferred pursuant to 12 U.S.C. 1823(a)	5,781

EQUITY CAPITAL

Perpetual preferred stock and related surplus	0
Common stock	0
Surplus	5,444
Undivided profits and capital reserves	0
Less: net unearned loss on marketable equity securities	0
Total equity capital	5,444
Less: deferred pursuant to 12 U.S.C. 1823(a)	0
Total equity capital and income deferred pursuant to 12 U.S.C. 1823(a)	5,444
Total liabilities, limited-life preferred stock, equity capital and income deferred pursuant to 12 U.S.C. 1823(a)	11,225

No, the undersigned directors, attest to the correctness of this statement of resources and liabilities, as shown that it has been examined by us, and for the best of our knowledge and belief has been prepared in accordance with the instructions given in true and correct.

James A. Koster
(Signature)
President

James A. Koster
(Signature)
Secretary

James A. Koster
(Signature)
Director

January 26, 1994

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PEARLE VISION™ CSAA

A cross-country adventure

Man in middle of bicycle trip across United States

By Pat Watkins
Correspondent

A quest, Don Quixote, the impossible dream. These are things rarely heard of in modern day America. Seldom do we ourselves have the courage to pursue such a dream, but it can be exciting and adventuresome as one individual who traveled through Caseyville indicated. Thomas Woodley, 46, found that pioneer spirit and was willing to take the risk. On Nov. 3 he left his home in Hampton, Va. Woodley is backpacking and biking, sometimes walking part of the day, to his dream destination — Sacramento, Calif. Besides a tent and sleeping bag, he carries a 40-pound backpack containing all that he needs — a poncho, rain suit, propane burner, first aid kit, reading material, his Bible, extra clothing and "his toy," a digital computer that calculates the miles he covers per hour during the day, as well as maps. Traveling in rain, ice and snow through the Appalachian Mountains, it took 71 days to journey as far as Caseyville. Stopping in various towns at night, he seeks shelter at local churches, tenting between businesses or in public parks or wherever some kind stranger allows him to stay. Friends made along the way have invited him to share some warm food and spend the night in their home, so he could be out of the cold.

What kind of man is willing to endure a year of travel across country, alone, through all kinds

of weather and strange places? Woodley is a college graduate with a degree in business. Before being laid off, he was a supervisor at a shipyard.

"I decided for this and other reasons to take a sabbatical and spend a year on the road, seeing things that I always wanted to see such as swinging bridges, the fantastic country and its places of interest," Woodley said.

Those he has met in the various communities he has passed through have been extremely kind, and as he proudly shows permission papers from those who gave him shelter he tells wonderful stories about those experiences, the communication with people of every walk of life, and all the kindness and sharing he has received from them.

He has made his way, bartering for room and board when necessary and purchasing food and provisions as he goes along. This Christmas he stayed at a monastery in Kentucky for a few days. There the solitude was enjoyed as he helped the monks pack and box cheese. A pastor who allowed him to spend the night at a church took him to a senior citizens' dinner to share a meal and warm conversation.

"The trip can be humbling," he said, "as it is hard for me to ask people if they have food to share. But all the caring and loving spirit I have encountered along the way has been most rewarding. Their kindness is pure love."

His family may have felt

leaving on the journey in the dead of winter may be a mistake, "but they gave me envelopes to write and tell them about the trip as often as possible."

When Woodley arrived in Caseyville, he asked to set up overnight camp in the park, but the weather was reaching zero. He received permission to spend the night in the garage at the police department, where he set up his sleeping bag, spent time repairing flat tires and studying a map for the next day's leg of the trip.

Caseyville has its caring people too, as Caseyville Restaurant owner Wilma Cud, hearing of Woodley, provided him with a hot meal and coffee.

"This is what I mean, people are so sharing and kind. They show so much love," he said. Before departing on Saturday, he planned to visit Cahokia Mounds and the Interpretive Center, having heard of it from someone in the Nashville area.

Then he headed for East St. Louis to cross the river into Missouri. As no pedestrian traffic is allowed on bridges crossing the Mississippi River, a ticket for Metrolink was donated, and he and his bike were able to get to Route 100 heading for Independence, Mo.

"Here I plan to take some time and visit the Truman Library and see other sites in the area," he said.

From Missouri he plans to travel across Kansas to Colorado, where he will stay at another monastery, to Utah and then the Rocky Mountains, where he will camp and spend some time trekking in the area. Then on through Nevada and into California, ending in Sacramento.

"Going home, I'll take the train. When I get home, I'd like to buy a farm on a mountaintop."

Each mile of the journey is recorded daily in his journal, recounting all that took place during the day. His planned route sometimes varies as he gets closer to a town, as he wants to see what the area sights offer.

He enjoys walking much better than biking. On one part of his trip he walked 30 miles in nine hours. Usually he tries to travel 25-40 miles a day, more if the weather is good and he feels like it. He usually begins his trek around 9 a.m.

Taking the back roads, he has had only one brush with a car that came too close, causing him to fall into a small gully.

Another incident happened in Belleville, where he had gotten a ride. In getting out of the car he scraped his partially balding head, which is now covered with a bandage.

"It's not too bad, just scraped off some skin," he said, as his blue eyes sparkled.

Senior menus

Donations for noon meals are \$1.75. Call day ahead for reservation, 877-5378.

Wednesday, Feb. 2
Barbecued boneless rib, au gratin potatoes, Italian vegetables, wheat bread, butterscotch pudding.

Thursday, Feb. 3
Salsbury steak, whipped potatoes, steamed cabbage, wheat bread, brownies.

Parenting class at Anderson Hospital

The obstetrics department at Anderson Hospital in Maryville will offer a new educational program geared at expectant and new parents. The Prepared Parenting Class is being offered in conjunction with the Edwardsville School District's "Family Matters" parent education program.

The Prepared Parenting Class will teach parents basic hands-on skills for newborns and infants. Topics will include diapering, feeding, the sharing of parenting responsibilities and milestones in growth and development.

Friday, Feb. 4
Barbecued beef, baked potato, buttered corn, bun, tropical fruit.

Monday, Feb. 7
Chicken patty, potato triangles, Scandinavian vegetables, bun, vanilla pudding.

Tuesday, Feb. 8
Beef tips with mushrooms, noodles, tossed salad, sliced carrots, wheat bread, apple crisp.

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Upcoming Health & Wellness Programs

- February 17 - Free Arthritis Clinic: Screening, assessment and educational materials. Thursday - by appointment.
- February 14 & 15 - Cholesterol Screening (\$7), at Belleville Area College (10 a.m.-1 p.m.). Free blood pressure and height/weight check available. No appointment needed.
- February 21 - "HEART TO HEART," free community health education program in conjunction with AMERICAN HEART MONTH. Monday, 7-8 p.m. Cardiologist, Dr. William Southworth will discuss Risk Factors; Family Physician, Dr. Carla Samson will discuss how Healthy Lifestyles Begin Early.

To register or receive further information, call 234-2120, extension 1575

St. Elizabeth's Hospital of Belleville

Final plea for SIUE rape center funding

Southern Illinois University at Edwardsville has made a final plea to a state coalition to continue financing the rape center on campus.

The Illinois Coalition Against Sexual Assault has threatened to stop financing the Rape and Sexual Abuse Care Center at Southern Illinois University at Edwardsville after getting a complaint from a center client.

"We've sent the coalition a final response stating that we have an adequate grievance procedure for clients at the center," said Constance Rockingham, SIUE's vice president of student affairs.

She said the center did not breach a client's privacy or deny her service.

The client, who has used the center for six years, filed the complaint after objecting to Acting Director Marvin Peterson's suggestion she seek psychiatric care elsewhere.

In the midst of the squabble over money, advisory board member Robin Basham resigned Friday in a protest of decisions made at the center.

"I couldn't morally agree with decisions made by SIUE at the center," she said.

She is considering opening a center in Madison County to treat victims of violence.

Before she resigned, Basham requested that clients continue to receive long-term care, that a member of the center's advisory board participate in the complaint process and that Peterson be fired, Rockingham said.

The center compromised with Basham on all except the last

request, Rockingham said. She said the decision to change the length of treatment clients receive won't result in denying anyone service.

"In order to heal, you need to set goals," Rockingham said. "Clients will have a treatment plan that will be reviewed by them and their counselor. After a six-month period, they'll review their goals and a decision will be made, based on the needs of the victim."

She contended the real issue behind the complaints is her decision to appoint a male director. "It's a feminist coalition."

"This is a gender issue," Rockingham said. "But all humans have to deal with the trauma of sexual assault for the healing process to work."

The center, founded in 1977, could close if the coalition withdraws funding. The center will receive \$125,000 this fiscal year, which ends June 30.

The coalition plans to vote Feb. 11 on whether to continue to finance the SIUE center.

Polly Poskin, the coalition's executive director, said its executive committee probably will meet next week to review the center's response before making the final decision Feb. 11.

She said that although the center's staff is "exemplary," she has heard a succession of concerns about the center.

"It's our responsibility as a guardian of the public to view any one person's complaints as important and significant and to make sure there's no pattern developing here," she said.

— From the Alton Telegraph

BAC center plans information booth

Representatives of Belleville Area College's Industrial Training Center and Admissions Office will set up an information booth at Missouri's Krumpalich facility in Sauget on Feb. 9.

The purpose of the information booth is to inform Missouri employees about the industrial training and other courses offered at BAC. Information will be available about classes, course schedules, financial aid and career opportunities.

Admissions specialist Martine

Moran and ITC industrial liaison James Moore will be on hand at the information booth in the cafeteria during lunch periods, between 11 a.m. and 4 p.m.

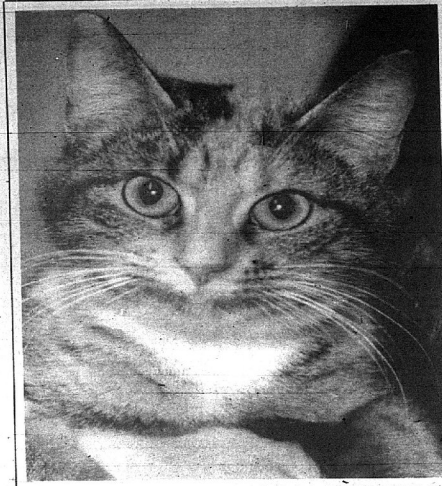
For more information contact Moran at 1-800-BAC-5131, ext. 497.

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(Staff photo by JOHN SWISTAK JR.)

Meet 'Tori' — This 6-month-old female domestic short-haired calico cat is among many homeless animals available for adoption from the Madison County Humane Society. Very friendly, she has had all her shots, been wormed and is litter trained. To adopt Tori, (Card # C-2173) apply in person at the shelter, 8501 Illinois 143, Edwardsville, or call 656-4405. Shelter hours are 9:30 a.m. to 4 p.m. Monday through Friday, and from 9:30-11:15 a.m. Saturday and closed Sunday.

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Wetzel named head of University Park

Robert A. Wetzel, president and chief executive officer of The BANK of Edwardsville, has been elected chairman of the board of directors of University Park, Southern Illinois University at Edwardsville Inc.

The election of officers at a recent meeting was the first for the not-for-profit corporation. Members of the group were appointed by the SIUE Board of Trustees in October. Other officers elected were: Vice chairman — L. Thomas Lakin, principal, The Lakin Law Firm; treasurer — Clinton H. Rogier, chairman of the board and president, Madison Mutual Insurance Co.; and secretary — David J. Werner, provost and vice president for academic affairs, SIUE.

Other members of the board of directors include James Brown, chancellor, SIUE; Earl Lazerson, president, SIUE; Robert Baer, president, Unigroup Inc.; JoAnn Harmon, vice president, corporate administration, Emerson Electric Co.; Gayle Johnson, complex manager, Shell Oil Co.; John McKinney, president and chief executive officer, Laclede Steel Co.; and Ronald Winney, treasurer, Ralston Purina Co.

University Park, SIUE Inc. is responsible for the development, management, and maintenance of University Park, a 330-acre research and technology center.

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ROUTE 2 COLLINSVILLE TROY EDWARDSVILLE	7:45 am 8:00 am 8:20 am 8:30 am 11:15 am	3:45 pm 4:00 pm 4:20 pm 5:00 pm 7:00 pm	7:45 pm 8:00 pm 8:20 pm 8:30 pm 11:00 pm	Quality Inn - Collinsville Randy's Restaurant in Troy K-Mart in Edwardsville Arrive at Alton Belle Departure Time
ROUTE 3 COLUMBIA CAHONA GRANITE CITY	7:30 am 7:45 am 8:15 am 8:30 am 11:15 am	3:30 pm 3:45 pm 4:15 pm 5:00 pm 7:00 pm	7:30 pm 7:45 pm 8:15 pm 8:30 pm 11:00 pm	Hardoe's in Columbia K-Mart in Cahokia Schmicks in Granite City Arrive at Alton Belle Departure Time

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8 a.m. to 2 p.m.
Memorial Hospital Auditorium
4500 Memorial Drive, Belleville, Illinois

Presented by:
MEMORIAL HOSPITAL
in cooperation with the
American Heart Association

Time	Activity
8:00 a.m.	Registration
9:00 a.m.	Welcome Judy Tullis, RN, BSN Cardiac Rehabilitation Staff Memorial Hospital
9:10 a.m.	Cardiac Risk Factors for Women Sandra Thornhill-Alvarez, RN, MSN Cardiovascular Clinical Nurse Specialist Memorial Hospital
9:40 a.m.	Eating for Life - It's Your Choice! Ernie Polk, RD Registered Dietitian - Memorial Hospital
10:10 a.m.	Break
10:25 a.m.	Menopause and Beyond Nancy Willard, RN, MSN Certified Nurse Midwife Sponsored by CIBA - Geigy
10:55 a.m.	Fitness for Survival Karen Moore Exercise Physiologist - Memorial Hospital
11:30 a.m.	Heart-Healthy Luncheon
12:30 p.m.	Stress Management Cindy Poe, Ph.D. Instructor, Belleville Area College
1 p.m.	Questions and Answers
1:45 p.m.	Closing Remarks
2 p.m.	Adjournment

Registration Fee
\$15.00 per person (in advance); \$18 at the door. Includes continental breakfast, lunch and handouts.

Reservations
Seating is limited. Reservations are requested by Wednesday, February 23, 1994.

Information
For more information about this program, call Memorial's Community Relations Department at (618) 233-7750, extension 5549.

REGISTRATION FORM

Name: _____

Address: _____

City, State and Zip Code: _____

Daytime Telephone Number: _____

Send this registration form, along with \$15 registration fee to Memorial Hospital, c/o Community Relations Department, 4500 Memorial Drive, Belleville, Illinois 62223-5399.

IRS, state cooperating on tax help

The Internal Revenue Service and the Illinois Department of Revenue have listened to taxpayers, said Andre L. Re, acting director for the IRS Springfield District.

"We are providing one-stop tax service to area residents during the tax filing season," Re said.

Training professionals from both the IRS and IDOR will be at the local IDOR office, Business Center 1, Fairview Heights, from 8:30 a.m. to 1 p.m. and 2 to 5 p.m. on Fridays to provide both federal and state tax assistance.

Employees from both agencies will be available to help with tax problems, answer questions regarding tax bills and letters, and provide federal and state forms and publications.

In addition to the joint one-stop service, regular IRS walk-in service is still available at the local IRS office, 650 Missouri Avenue, East St. Louis, Monday through Friday from 9 a.m. to 1 p.m. and 1:45 to 4 p.m.

IRS employees can help working parents who made between \$1 and \$23,050 in 1993, and had qualifying children, determine if they are entitled to Earned Income Credit of up to \$2,364.

Taxpayers who do not receive a W-2 form from their employer by Feb. 15 can also come to the IRS walk-in office for assistance.

If taxpayers prefer not to visit the IRS office, they can still receive help with their tax questions by calling toll-free 1-800-829-1040, or order forms and publications by calling toll-free 1-800-829-3676, and listen to taped tax messages by calling toll-free 1-800-829-4477. Telecommunications service for deaf taxpayers who have access to TDD equipment is available by calling toll-free 1-800-829-4059.

"After getting tax questions answered, picking up forms and publications, and preparing the return, why not take it to an electronic filing transmitter and file the return electronically?" asks Re. "Electronic filing is for everyone. It's quick, refunds arrive faster, and it's safe — the IRS acknowledges that the return was received. Even if money is owed, file electronically, and file early. Taxpayers have until April 15 to pay any tax owed."



Outstanding service — The faculty and staff of the Granite City Campus of Belleville Area College recently honored board trustee Robert Maxwell for his service to the campus and help during the Southwestern Illinois Cultural Celebration last October. Presenting Maxwell with a plaque is GCC Provost B.J. Davis, second from right. Also pictured, from left, are admission specialist Janice Sanders, GCC evening supervisor Jill Shaw and BAC Foundation Director Kathy O'Dell.

Salvation Army helps quake victims

The Salvation Army Southern California Division is responding to the earthquake that struck Los Angeles through "Operation We Care."

On the day of the quake, The Salvation Army served food and drinks to 18,000 people and gave shelter to 430. The Salvation Army is providing shelter at corps community centers in Van Nuys, Hollywood and Congress Hall.

Nine mobile kitchens are supplying food, beverages and counseling to victims, police, firefighters and relief workers. In addition, tents, personal care kits, household cleaning kits, and blankets are available to victims.

At the present time, financial support is greatly needed. Contributions can be sent to: The Salvation Army, EARTHQUAKE RELIEF, 3900 Lindell Boulevard, St. Louis, MO 63108.

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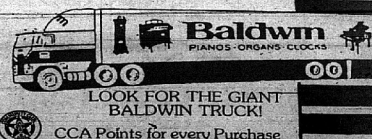
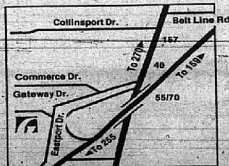
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Route 66 group seeks nominations

The Route 66 Association of Illinois is seeking nominees for 1994 induction into its Route 66 Hall of Fame.

Nominations are open through Feb. 28 and should be sent to Tom Teague, Route 66 Association of Illinois, 1208 W. Edwards, Springfield 62704.

Induction ceremonies will be held June 12 at a banquet at the Community Center in Lincoln. There will also be a reception for new members the following morning at the Hall of Fame itself, located at Dixie Truckers Home in MeLean.

New members will receive plaques and also have exhibits dedicated to them at the Hall.

"We want to honor those people and businesses whose blend of hardy individualism and grassroots community spirit gave Route 66 its unique flavor," said Teague.

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McKendree names 3 as finalists

By Brian Gross
Staff writer

McKendree College in Lebanon has announced the names of three finalists in its presidential search.

Two of the finalists are from the bi-state area. They are Philip Conn, vice president for university advancement at Central Missouri State University, and Richard Henry Owens, vice president for institutional advancement at Lewis University in Romeoville.

The third finalist is James K. Dennis, vice president for student affairs at the University of Southern California in Los Angeles.

The finalists will be visiting McKendree for a series of interviews. The dates for the visits will be set as soon as possible, said James Comer, a member of the board of trustees and chairman of the presidential search committee.

The committee has screened more than 90 applicants since the summer. Of those, 12 were selected for reference checks, and then seven were brought to St. Louis for personal interviews. Kim Lobring, director of public relations, said the board of trustees is expected to announce a new president in the middle of March.

Conn has been at Central Missouri State since 1985. He has a doctorate in public administration from the University of Southern California. He was the public relations advisor director for the 1971 Conn/Carr gubernatorial campaign staff in Louisville.

Owens has been at Lewis University, located near Chicago, since 1988. He earned his doctorate in history from the University of Maryland. Dennis has had various positions within student affairs at USC since 1979. He also served as project administrator for the National Youth Program, and he recently was awarded a Fulbright grant to study in Germany. He received a doctorate in philosophy from USC in 1971. The search committee is made up of three faculty members, five trustees and representatives of the alumni, students and staff, Lobring said. A consultant was hired for a presearch study to set guidelines, and input was taken from alumni, students, faculty and staff on what qualities they wanted in a president. President Gerrit H. Tenbrink is retiring June 30. When he steps down, he will have served 15 years.

Military

Beth Noll

Navy Petty Officer Second Class Beth A. Noll, daughter of Danny and Delores Kirkover of Granite City, recently reported for duty at Trident Refit Facility, Kings Bay, Ga.

The 1985 graduate of Granite City High School, joined the Navy in January 1986.

Richard Presley

Staff Sergeant Richard Presley, U.S. Army recruiter for the U.S. Army Recruiting Station located at 3675 Nameoki Road, Granite City, received his fourth Army Achievement Medal in ceremonies recently.

A native of Sparta, Staff Sgt. Presley is a 1974 graduate of Red Bud High School and has been in the Army since November 1980. Staff Sgt. Presley took his basic and advanced individual training at Fort Benning, Ga. His other military schools include the primary leadership development course, the basic non-commissioned officer's course and the Army Recruiting School.

His military awards and decorations include the Army Commendation Medal, four Army Achievement Medals, four Good Conduct Medals, the Overseas Ribbon and the Army Service Ribbon.

Staff Sgt. Presley, his wife, Anna, and their daughter reside in Freeburg.

He is the son of Marjorie B. Presley of Sparta.

William Smith

Navy Airman Apprentice William H. Smith II, whose wife, Shelley, is the daughter of Linda

Walker of Granite City, is midway through a six-month deployment aboard the amphibious assault ship USS New Orleans, homeported in San Diego, and is currently off the coast of Somalia.

The four-ship USS New Orleans Amphibious Ready Group (ARG) with the 13th Marine Expeditionary Unit (MEU) embarked, had initially been in the South China Sea when it was ordered to Somalia in October in response to hostile actions against military personnel.

While supporting United Nations relief effort operation Restore Hope, in Somalia, Smith and his fellow crew members have been involved in humanitarian operations there. About 500 Marines and sailors from the USS New Orleans ARG went ashore near the city of Mogadishu, with truckloads of medical and dental supplies, equipment, personnel and trailers carrying fresh water. Most of the ARG went to Somali children from nearby coastal villages.

Additionally, the ship's bakers stayed up all night making 2,000 loaves of bread to pass out, along with fresh water, to people who flocked to medical care sites in Goryooley, 20 miles from Marka.

Naval forces will be prepared to fight promptly and effectively, but will serve in an equally valuable way by engaging as peacekeepers in the defense of American interests. Naval forces are unique in offering this form of international cooperation, from the sea.

He joined the Navy in April 1991.

John Browley

Navy Petty Officer Third Class John T. Browley Jr., son of John T. Browley Sr. and Vera L. Browley of Madison, is currently deployed in the Mediterranean aboard the submarine tender USS Simon Lake, forward deployed to La Maddalena, Italy, and recently made port visits to France and Italy.

While in Toulon, France, crew members were able to visit Cannes, Monaco, Monte Carlo and the French Riviera. In addition, they had the opportunity for a three-day trip to France's capital, Paris.

After leaving France, USS Simon Lake arrived in Gaeta, Italy, for an eight-day port visit. In addition to touring the local area, crew members had the opportunity to visit Naples, Rome, Pompei and the Island of Capri.

Browley is one of more than 1,200 crew members aboard the ship which is forward deployed. Submarine tenders provide maintenance and logistic support for nuclear attack submarines.

USS Simon Lake displaces nearly 20,000 tons of water, measures 644 feet in length and is armed with four 20mm guns.

The Navy and Marine Corps port visits project a positive American image, build foundations for viable coalitions, enhance diplomatic contacts, reassure friends and demonstrate U.S. power and resolve, from the sea.

He joined the Navy in June 1986.

Bradley University reception planned

Alumni and friends of Bradley University are invited to watch Bradley Braves basketball on big screen television during a reception on Saturday, Feb. 5, at The Ball Park Sports Center in O'Fallon.

Tip-off will be at 11:05 a.m. as the Bradley Braves play the Tulsa Golden Hurricanes. The doors open at 10:45 a.m.

The Ball Park is at 580 Hartman Lane in O'Fallon. The event is sponsored by the St. Louis Area Bradley Alumni Chapter. For reservations, contact Ed True at 632-6111 by Feb. 3.

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Obituaries

Rosario Cuenca

Rosario Cuenca, 92, of Tannahua, Michoacan, Mexico, formerly of Madison, died Monday, Jan. 30, 1994, at his residence.

He was born in Los Charcos, Michoacan, Mexico, and had been a resident of Madison for 25 years.

Mr. Cuenca was employed by the Terminal Railroad Association here for 32 years prior to his retirement. He was a member of Cristo Milagroso Church in Mexico, the Brotherhood of Railway Clerks and the Third Order of St. Francis.

Survivors include his wife, Lola Cuenca; one daughter, Beatrice Stenitzer of Madison; two brothers, Alfredo Cuenca of Tannahua, Michoacan, Mexico, and Salvador Cuenca of Gonzales, Calif.; two sisters, Adela of Mexico City, Mexico, and Michela of Quetzalva, Mexico; three grandchildren and five great-grandchildren.

He was preceded in death by his first wife, Bernice Cuenca; his parents, Rosario and Josefa Cuenca; one brother, Jesus Cuenca; and two sisters, Lola and Maura.

Services were held at Cristo Milagroso Church, Mexico. Burial was at Panteon de Tannahua in Mexico.

Law

(Continued from Page 1A)

into the payroll envelopes on county time, then you get into a gray area that's difficult to prove," he said.

"Yes, it might be a violation of the law, but gathering evidence to prove it would be almost impossible."

Churchich, who last week admitted using his employees' payroll envelopes to deliver campaign literature, did not return phone calls Friday.

He was criticized by a campaign watchdog group for stuffing employees' payroll envelopes with fliers asking them to show their support for him at a Feb. 19 fund-raiser. He also asked them to be sure to see him to buy their tickets.

Churchich maintained there was nothing improper about the fliers, most of which were delivered with the Jan. 13 paychecks.

However, he has admitted the envelopes were stuffed at the Sheriff's Department before

Virgil Mead

Virgil D. Mead, 66, of Granite City was pronounced dead at 10:56 p.m. Sunday, Jan. 30, 1994, at his residence by Ed Morton, coroner investigator.

Mr. Mead was born Oct. 8, 1927, in Greenwood County, Kan.

A driver with C & H Trucking, Mitchell, prior to his retirement, he was a U.S. Navy veteran.

Survivors include two sons, Ronald Mead of Augusta, Kan., and Mike Mead of Wichita, Kan.; four daughters, Dana Mead of Granite City, Virginia BeAnney of Wichita and Patty Spires and Perri Smith, both of Augusta, Kan.; three stepdaughters, Sandra Adams, Lisa Angle and Cindy Buzzell, all of Granite City; two brothers, Glenn Mead of Kansas City, Mo., and Vernon Mead of Granite City; one sister, Edna Vandergrift of Strong City, Kan.; 16 grandchildren and two great-grandchildren.

He was preceded in death by his parents, James Daniel Mead and Myrtle (Knapp) Mead; two brothers, and three sisters.

Visitation is from 5 to 8 p.m. today at Irwin Chapel, 2801 Madison Ave., Granite City. His remains will be cremated. No services will be held.

being handed out to deputies, dispatchers and other workers. He did not say if the work was done by an employee or a volunteer or whether county paper or copy machines were used.

The flier, signed by Churchich with the word "help" written across the top in large black letters, the sheriff wrote: "I'd like to show everyone that my employees support me and every one of you to do your best to be present."

"As I have done in years before, I ask that you get your tickets from me. If you can't come to the office in person, send a note and I'll send the tickets, just let me know how many you need."

Churchich's opponent in the March primary is calling for term limitations in the sheriff's office and a curb on similar practices.

Don Knight, a former Granite City police officer and Churchich's only Democratic opposition in the primary, said he would like

Edna Stapleton

Edna C. (Fraundorf) Stapleton, 77, of Madison died at 1:30 p.m. Saturday, Jan. 29, 1994, at her residence. She was born Jan. 4, 1917, in St. Louis.

She worked at Granite City Steel during World War II, and also was employed at Nesco Steel Barrel Co. She attended St. John United Church of Christ, Granite City, for many years.

Survivors include one sister-in-law, Marie Fraundorf of Maryville; two nephews, Alan Fraundorf of Missouri City, Texas, and Philip Fraundorf of Richmond Heights, Mo.; and one niece, Janet Wandling of Evansville, Ind.

She was preceded in death by her husband, George Stapleton, who died in 1974; her parents, Richard and Louise (Coad) Fraundorf; one brother, Barney Fraundorf, who died in 1973; and one sister, Bertha Kieselhorst, who died in 1975.

Services were held Tuesday at Irwin Chapel, Granite City. Burial was at Sunset Hill Memorial Estates, Glen Carbon.

Rose Hughes

Rose Marion (Taylor) Hughes, 86, of Wellsville, Mo., formerly of Granite City, died at 11:04 a.m. Thursday, Jan. 27, 1994, at Audrain Medical Center, Mexico, Mo.

She was born May 2, 1907, in St. Louis and was a resident of Granite City for most of her life.

Formerly a registrar at Granite City High School and currently a homemaker, she had been a member of Niedringhaus United Methodist Church, Granite City.

Survivors include one son, Thomas Ross Hughes of Springfield, Ill.; one daughter, Marion Ruth Coggage of Wellsville; five grandchildren and seven great-grandchildren.

She was preceded in death by her husband, Clyde Guerny Hughes, whom she married in

to see sheriff's limited to two four-year terms.

"The sheriff's been in for two terms, and he's so firmly entrenched that it could lead to inappropriacies," he said Friday.

He also decried the use of the business as "bad taste."

"I wouldn't put that kind of pressure on my employees," he said. "I think it's a Granite City police officer for 23 years and now works in the sheriff's office of the Alton Belle Casino."

Godfrey resident Jack Vahle, the Republican candidate for the sheriff's office, also blasted Churchich's use of the payroll envelopes.

"That's not fair to (the employees)," said Vahle, a supervisor for the Missouri Department of Public Security. "Putting the request in with the paychecks is inappropriate and something that should have been done away with long ago."

From the Alton Telegraph

we're going to do is put them right back in the same place," Williams asked.

"How can we say we can't afford to help these people? Think about the price we're already paying for crime and I think you will see the price to help these people is cheap."

Williams said the Outreach Program has several former workers it "would be thrilled to recommend" for employment.

He said anyone who can help may call the church at 452-0019.

"These are members of our community who want to work, who will show up every day and who will work hard," Williams said.

"Like President Bill Clinton says, these people aren't looking for a hand out; they're looking for a hand up."

"We as a community need to see what we can do about finding jobs for these people."

Tarpoiff said he drove by the site in the north part of the city.

"Our potholes now have potholes," Tarpoiff said.

Alderman Dan Partney, chairman of the City Council's Street and Alley Committee, praised the council for taking the right action in paying for the road improvement in spite of the setbacks.

"I think it is obvious we had faulty material applied to this project and the residents, unfortunately, had to suffer because of it."

"But this City Council did the right thing in making the repairs," Partney said.

IDOT records show that the asphalt material that failed IDOT testing was produced by Missouri Petroleum of St. Louis, and supplied to Hank's by E.J. Dougherty Oil.

Meanwhile, aldermen are still upset over the road project.

Last week, Alderman Craig

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Granite City; her parents, Clifford D. and Hattie Taylor; and one brother, Boyd Taylor; and one sister, Betty Taylor. Services were held Saturday at United Methodist Church, Wellsville, Mo., with the Rev. Steve Lewis officiating. Burial was at Sunset Hill Memorial Estates, Glen Carbon. Arrangements were by Meyers Funeral Home, Wellsville.

Memorials are requested for Niedringhaus United Methodist Church, Granite City; United Methodist Church of Wellsville; or American Lung Association.

Ella Byrd

Ella M. (McKinney) Byrd, 78, of Granite City died Sunday, Jan. 30, 1994, at St. Francis Hospital, Litchfield, after a two-year illness. She was born Jan. 15, 1921, in Grandin, Mo., and had been a resident of Granite City for the past 35 years.

A homemaker, she was of the Baptist faith.

Survivors include her husband, Earl D. Byrd; six sons, David Byrd of Sullivan, Mo., Richard Byrd of Gillespie, Mo., and Michael Byrd, both of Granite City; Robert Byrd of Wilsonville, Ill.; and Jim Byrd of St. Louis.

Survivors also include four daughters, Irene Zimmerman of Granite City, Sharon Crow of Nolansville, Tenn., Cathy Selph of Highland; one brother, Elvis McKinney of East St. Louis; one sister, Edna Steele of Troy; 36 grandchildren and 12 great-grandchildren.

She was preceded in death by one son, Jerry Byrd; and her parents, Noah and Minerva (Ball) McKinney.

Services are at 10 a.m. today at Thomas Memorial Mortuary, 2205 Pontoon Road, Granite City, with the Rev. Wayne Musatics officiating. Burial will be at Lake View Memorial Gardens, Fairview Heights.

Florence Woodward

Florence E. (Erwin) Woodward, 84, of Granite City, formerly of Jersey County, Ill., died at 11:17 p.m. Friday, Jan. 28, 1994, at St. Elizabeth's Hospital, Belleville, after a seven-month illness.

She was born Feb. 6, 1909, in Jerseyville County and had been a resident of Granite City for the past 37 years.

She was a secretary at Pet Milk Co. for 12 years prior to her retirement in 1971; a member of First Presbyterian Church, Granite City, where she was part of the Morning Circle and Ladies Bazaar Workshop and a past president of the United Presbyterian Women; and a member of Daughters of the American Revolution Drucilla Andrews Chapter.

Survivors include one son, Warren L. Woodward of Norman, Okla.; one daughter, Jean Muniz of Peoria; and four grandchildren.

She was preceded in death by her husband, Warren K. Woodward, who died in 1956; her parents, Thomas and Eugenia (Smith) Erwin; three brothers, Randall, Paul and Donald Erwin; and one sister, Betty Goodfellow.

Services were held Tuesday at Davis Funeral Home, Granite City, with the Rev. Lewis E. Trotter officiating. Her remains were cremated. Burial was held at Oak Grove Cemetery, Jerseyville.

Memorials are requested for First Presbyterian Church, Granite City.

Claude Wickham

Claude V. Wickham, 92, of Granite City died at 11:30 p.m. Saturday, Jan. 29, 1994, at Anderson Hospital, Maryville.

He was born Aug. 29, 1901, in St. Elizabeth, Mo., and had been a resident of Granite City for 63 years.

Mr. Wickham was a sugar house laborer with Union Starch & Refining Co., Granite City, for 40 years prior to his retirement in 1967 and was a member of First Assembly of God Church, Granite City.

Survivors include several nephews and nieces.

He was preceded in death by his wife, Maggie (Setzer) Wickham, who died July 18, 1982; his parents, Nelson and Marcella Wickham; six brothers and three sisters.

Farmers offered soybean test results

Farmers wanting consistent soybean productivity should look for varieties that have proven productive over time, researchers say.

More than 600 varieties of soybeans are offered in Illinois. This year the University of Illinois tested 500 of them. According to a UI year the University of Illinois tested 500 of them. According to a UI year the University of Illinois tested 500 of them.

"I encourage farmers not to get excited over a particular variety in a single year in a single location," said Gary Pepper, a soybean production specialist with the UI Cooperative Extension Service. "There's always a possibility that the environment might have been exceptionally conducive to yield by a given variety in a given year."

"This set of circumstances and conditions may never appear again. Consistently outstanding yield across locations and years is what farmers need to look for."

The more information farmers have on varieties, the better off they will be, Pepper said. Farmers should have multi-location averages.

He suggested finding multi-year averages for multiple locations, including performance data from surrounding states.

Although commercial or privately marketed soybeans are the primary soybeans tested, a representation of the public varieties are defined as soybeans developed through a university breeding program. Sometimes the public varieties are the better choices, especially for managing disease problems.

"Our soybean breeders at universities across the Midwest have been, I think, the leaders in addressing genetic resistance to disease problems. The private breeding group is primarily interested in producing bushels because that's what the farmer makes his money from."

Pepper said. "But at the same time, when pest problems and diseases exert stress on the plants, then you need to have a way to cope with that problem."

"Often times the public beans offer a good disease-resistance package that will help soybeans get through troubled times."

The UI test results are summarized in a publication available from the Madison-St. Clair Extension Unit offices.



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Mark Scott

Irwin Chapel
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Births

Zakary Pattillo
Scott and Michelle Pattillo of Granite City have announced the birth of their first child, a son. Zakary Keith was born at 8:45 p.m. Nov. 14, 1993, at Anderson Hospital. He weighed 7 pounds, 8 ounces.

Larry and Jeanne Burton of Granite City are the maternal grandparents. The paternal grandparents are Gary Pattillo of Arnold, Mo., and Jane Pattillo of Hayti, Mo.

Keri Richert
Kevin E. and Tiffany M. Richert of Granite City announce the birth of their first child, a daughter, born at 10:24 a.m. Jan. 6, 1994 at Christian Hospital Northwest.

Keri Renee Marie weighed 8 pounds, 9 ounces. Maternal grandparents are Donald S. Meadors of Granite City and Jan M. Haskins of McAlester, Okla.

Michael Smith
DeWayne and Elizabeth Smith of Granite City announce the birth of a boy, born at 8:17 p.m. Dec. 29, 1993, at Christian Hospital Northwest.

The baby has been named Michael DeWayne. He weighed 8 pounds, and joins Cynthia.

Hoedebeck
Keith E. and Mary E. Hoedebeck of Granite City announce the birth of a girl, born at 11:20 a.m. Dec. 17, 1993, at St. John Mercy Medical Center.

Julie Ann weighed 3 pounds, 10 ounces. She joins Brian K. and Christine M.

Robert Bailey
Angel R. Bailey of Granite City has announced the birth of her first child, a son.

Robert Austin was born at 2:25 p.m. Dec. 10, 1993, at St. Elizabeth Medical Center and weighed 8 pounds, 9 ounces.

The mother is the former Angel R. Asbeck. Maternal grandparents are Robert and Joan Asbeck of Granite City.

Jonathan Bundy
Kerry and Victoria Bundy of Granite City have announced the birth of their first child, a son.

Jonathan Henry was born at 1:04 a.m. Dec. 13, 1993, at St. Elizabeth Medical Center and weighed 10 pounds, 4 ounces.

The mother is the former Victoria Pieper. Maternal grandparents are Ann Pieper of Granite City and the late Henry Pieper.

Paternal grandparents are Melvin and Betty Bundy of Springfield, Ill.

Samantha Kalips
Joe and Lisa Kalips of Granite City have announced the birth of their first child, a daughter.

Samantha Elizabeth was born at 10:11 a.m. Jan. 5, 1994, at St. Elizabeth Medical Center and weighed 7 pounds, 8 ounces.

The mother is the former Lisa Ann Gibbons. Maternal grandparents are Bill and Elizabeth Gibbons of Pontoon Beach.

Paternal grandparents are Emma C. Kalips of Granite City and the late Leo L. Kalips.

Nicholas Gross
John M. and Karen M. Gross of Columbia announce the birth of their first child, a son, born at 8:54 p.m. Jan. 3, 1994, at Missouri Baptist Hospital.

Nicholas Joseph weighed 9 pounds, 11½ ounces. Maternal grandparents are Joyce and Harold Toussaint of Granite City.

Paternal grandparents are Francis and Loretta Gross of O'Fallon.

At Memorial
Kimberly and Robert Orashod of Granite City are parents of a girl, born Nov. 5, 1993.

Rosemarie Fischer of Granite City is mother of a boy, born Nov. 11, 1993.

Trachaela Ingram of Madison is mother of a girl, born Dec. 2, 1993.

Jenna Wilson
John and Hazel Wilson of Collinsville have announced the birth of their third child, a daughter.

Jenna Kathleen was born at 12:26 p.m. Dec. 28, 1993, at Anderson Hospital in Maryville.

She weighed 7 pounds, 1½ ounces and joins Janey, 5, and John, 4.

Her maternal grandparents are James and Jane Utley of Collinsville.

Garland and Karan Williams of Anthony, Fla., are the paternal grandparents.

Shawn Kerr
Mike and Amy Kerr of Collinsville have announced the birth of their second child, a son.

Shawn Michael was born at 5:02 p.m. Dec. 30, 1993, at Anderson Hospital. He weighed 7 pounds, 6½ ounces and joins Brandon, 5.

Gary and Barbara Setzer of St. Louis are the maternal grandparents.

The paternal grandmother is Patsy Kerr of Fairview Heights.

Dylan Patton
James and Kathy Patton of Collinsville have announced the

birth of their first child, a son.

Dylan James was born at 4 p.m. Dec. 30, 1993, at Anderson Hospital. He weighed 6 pounds, 8 ounces.

His maternal grandparents are JoAnn Longhi of Collinsville and the late Richard Longhi. The great-grandmother is Irene Kozman of Troy.

Frank and Doris Ponder of Troy are the paternal grandparents.

Jeremy Izard
Jerry and Gina Izard of Granite City have announced the birth of their second child, a son.

Jeremy Wayne was born at 11:41 p.m. Dec. 31, 1993, at Anderson Hospital. He weighed 7 pounds, 13 ounces and joins Kelly, 14.

Cody Schneider
Rob and Christina Schneider of Collinsville have announced the birth of their third child, a daughter.

Cody Michelle was born at 10:43 p.m. Jan. 3, 1993, at Anderson Hospital. She weighed 7 pounds, 4 ounces, and joins Tami, 10, Bailey, 4, and Danielle, 1.

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-EXAMPLE-
asics
asics GEL SAGA MEN'S RUNNING SHOES
Single density compression molded EVA for lightweight cushioning, removable EVA sockliner. Originally \$54.96

CLEARANCE 34⁹⁷
ORIGINALLY \$54.96-\$64.96
-EXAMPLE-
AVIA
AVIA 525W/WUP LADIES AEROBIC SHOES
Machine washable, lightweight, comfortable and durable, removable ankle strap. Originally \$55.96

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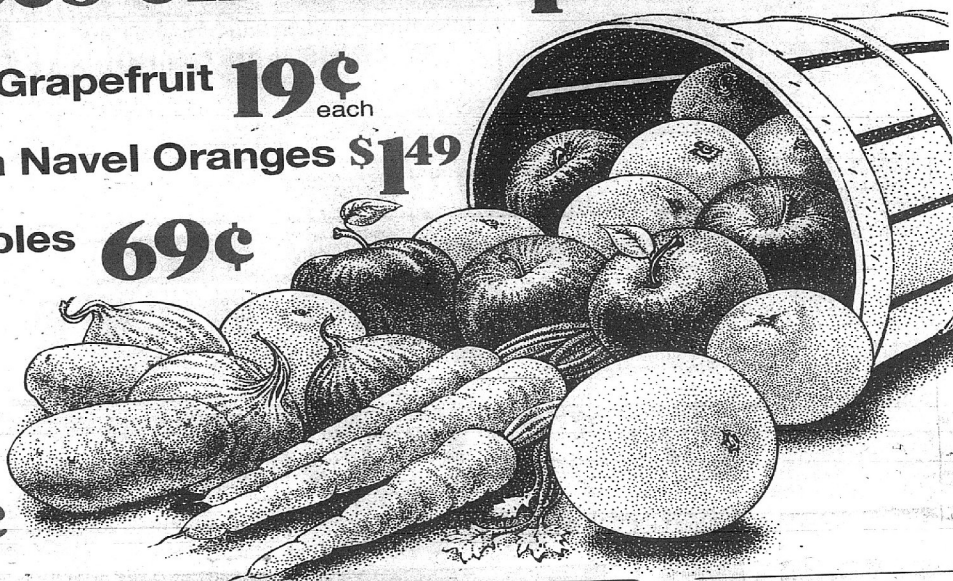
Sunkist® California Navel Oranges **\$1.49**
U.S. fancy grade, 4 lbs.

Red Delicious Apples **69¢**
fancy grade, 3 lbs.

Russet Potatoes **\$1.29**
U.S. #1, 10 lbs.

Onions **79¢**
U.S. #1, 3 lbs.

Carrots **49¢**
U.S. #1, 2 lbs.



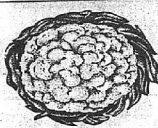
Head Lettuce
U.S. #1

39¢ head



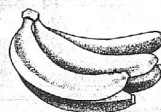
Cauliflower
U.S. #1

89¢ each



Bananas
U.S. #1

29¢ per lb.



Premium White Bread
20 oz. loaf

25¢



Soups

chicken noodle, cream of chicken, cream of mushroom, tomato, vegetable
10.5
10.75 oz.

33¢



Saltine Crackers
16 oz.

39¢



Grape Jelly, grade A, premium, 32 oz. **99¢**

Grade A Fancy Canned Vegetables
whole kernel or cream style corn, cut green beans, sweet peas
15.5—16.5 oz.

25¢



49¢

Mushrooms, stems & pieces, 4 oz.

Smoked or Polish Sausage
48 oz.

\$2.99



\$1.49

Grade A Fancy Frozen Juices
apple, grape, orange, 12 oz.

79¢



100% Pure Orange Juice, grade A fancy, 64 oz.

Quality guaranteed

Premium Bacon
sliced, 1 lb.

99¢



Hot Dogs, 12 oz.
American or Swiss Cheese Slices
12 oz.

\$1.29



\$2.99

Cheese Spread, 2 lbs.

\$1.99

Oyster Crackers, 12 oz. **49¢**

Tyson® Chicken Leg Quarters
grade A, fresh frozen

39¢ per lb.



Tyson® Boneless Breast Fillets, grade A, fresh frozen **\$2.99** per lb.

Ground Beef Patties
48 oz.

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Hamburger or Hot Dog Buns, 8 pk.

29¢

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26 oz.

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• Brentwood
6116 Manchester Road
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Route 6187
• East Allen
Saugate Plaza
Shopping Center
330 North 9th St.
• Fairview Heights
10261 Lincoln Trail
• Fenton
State Hwy. 30 &
Old Super Creek Rd.

• Ferguson
S. Florissant & Adams
• Florissant
Florissant Meadows S.C.
on North Highway 87
• Mulanphy Gardens S.C.
Mulanphy Dr. & Shakerford
• Granite City
3376 Felling Rd.
• Jennings
Lucas Hunt & W. Florissant
• Northland Center

• Manchester
1424 Manchester Rd.
• Normandy
7877 Natural Bridge
• O'Fallon
South Outer Rd.
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2700 Woodson Rd.
• St. Charles
2420 West City
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3345 Mill Rivers Dr.

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- ALL CONSOLES
- ALL TV'S, 30" AND LARGER

FREE DELIVERY ON ALL 30" - 55" TV'S



RCA 25" TV WITH REMOTE

- Guides you through every setting with on-screen prompts.
- Maintains best picture quality from channel to channel.
- Provides digital access up to 181 channels.
- Finds and stores active channels.
- Displays dialog of programs aired with closed captions.
- Slim cabinet fits almost anywhere!

COMPLETE ON-SCREEN SYSTEM!

HOT BUY!

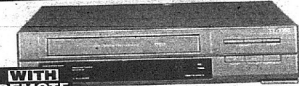
\$297⁹⁷



GE 31" Stereo TV with Universal Remote

- remote operates most VCR's
- commercial skip timer

\$669⁹⁷



2-Head VCR with 181-Channel Tuner and Remote Control

Brand/model may vary by store

\$139⁹⁷



19" Remote Control Color TV

- multi-mode on-screen displays make TV adjustments a snap, especially with the full function wireless remote control!

\$179⁹⁷



GE VHS Camcorder with 8-1 Zoom & Full-Range Auto Focus

- 2 lux low light sensitivity
- flying erase head for seamless scene transitions

\$497⁹⁷

SAVE ON HOME/OFFICE!

486SX/25

Packard Bell Navigator

Packard Bell 486SX/25MHz Computer with 4MB RAM, 210MB Hard Drive, Dual Floppies, Mouse, Modem & Microsoft Windows 3.1

- upgradeable processor protects your investment
- software includes Microsoft Word for Windows, Microsoft Money for Windows & Microsoft Entertainment Pack for Windows

INCLUDES PRE-INSTALLED SOFTWARE A \$75 VALUE!

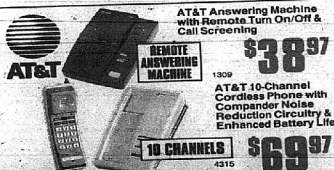
INCLUDES MONITOR!

Brand Model May Vary

\$1099⁹⁴

ONLY \$44 Per Month

on your Circuit City Credit Card



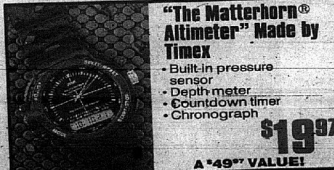
AT&T Answering Machine with Remote Turn On/Off & Call Screening

\$38⁹⁷



AT&T 10-Channel Cordless Phone with Compander Noise Reduction Circuitry & Enhanced Battery Life

\$69⁹⁷



"The Matterhorn® Altimeter® Made by Timex"

- Built-in pressure sensor
- Depth meter
- Countdown timer
- Chronograph

\$19⁹⁷

A \$49⁹⁷ VALUE!



RCA Portable AM/FM Stereo Cassette Recorder with Built-In CD Player

\$94⁹⁷



Sony Walkman® FM Stereo Radio with Local/Distant (DX) Switch & Single "AA" Battery Operation

- Micro Dynamic Receiver™
- headphones
- belt clip & lightweight design
- large rotary tuning knob
- stereo/mono selector

\$11⁹⁷

HOT BUY!

0% INTEREST* FOR 6 MONTHS ON

- ALL PROSCAN & HITACHI TV'S, VCR'S & CAMCORDERS
- ALL KENWOOD & ONKYO HOME AUDIO COMPONENTS & SYSTEMS
- ALL BOSE & INFINITY LOUDSPEAKERS
- ALL GE, AMANA & MAYTAG APPLIANCES
- ALL AST, COMPAQ & APPLE COMPUTERS, MONITORS & PRINTERS

*With your Circuit City credit card, subject to credit approval. Minimum purchase \$249. No finance charge when paid according to terms. Monthly payments required. If not paid in full within 6 months, finance charges will be assessed from the date of purchase. As of 2/1/94, APR is 20.5% on a Circuit City Regular Account. APR may vary. Offer expires 2/8/94.

SAVE ON APPLIANCES!



Hotpoint 18.2 Cu. Ft. Refrigerator with Adjustable Wire Shelves

- vegetable/fruit pan

\$399⁹⁷



Whirlpool 4-Cycle Washer

- 3 temperature selections & 4 automatic cycles
- SURGLATOR® 1-piece agitator
- convenient "short" cycle
- bleach dispenser

\$227⁹⁷

Whirlpool 3-Cycle Electric Dryer

\$217⁹⁷



Hotpoint Undercounter Dishwasher with Multi-Level Washing Action & Energy Saving Option

- 2-level wash system

\$199⁹⁷



Sunray 30" Electric Range with Lift-Up Top & Lift-Off Oven Door

- two oven racks

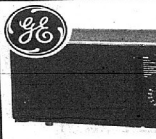
\$197⁹⁷



Hoover Quik-Broom™ Vacuum Cleaner with 10.0 C.E./Amp Rating

- deluxe nozzle
- 18-foot power cord

\$29⁹⁷



GE Compact Microwave Oven with 525 Watts Cooking Power & 15-Minute Timer

\$69⁹⁷

SAVE ON HOME & PORTABLE AUDIO!



RCA Remote-Controlled CD Player with 20-Track Programming & 16-Bit Digital-To-Analog Converter

- 2X oversampling

\$77⁹⁷



Kenwood 2-Way Loudspeaker System with 8" Woofer & Acoustic Suspension Design

\$37⁸⁸



Pioneer 50 Watt* Stereo Receiver with 5-Band Graphic Equalizer & Custom Memory

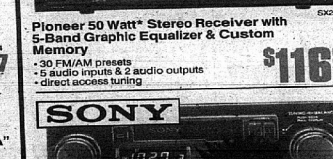
- 30 FM/AM presets
- 5 audio inputs & 2 audio outputs
- direct access tuning

\$116⁹⁷



Sony 100-Watt Remote-Controlled Audio Component System with 5-Disc CD Changer & Double Cassette Deck

\$499⁹⁷



Sony Car Stereo with Auto Reverse

- 4 watt X 4 channel output
- 12 FM/AM presets
- clock

\$88⁹⁷



Technophone Transposable Cellular Phone with 100-Number Alphanumeric Memory & Full Hands-Free Operation

\$199⁹⁷

FREE!

Activation Required

19c

2⁹⁹ per lb.

29c

994 ALDI Inc.

0% INTEREST FOR 6 MONTHS ON ALL AST, APPLE & COMPAQ COMPUTERS!

With your Circuit City credit card, subject to credit approval. Minimum purchase \$249. No finance charge when paid according to terms. Monthly payments required. If not paid in full within 6 months, finance charges will be assessed from the date of purchase. As of 1/12/94, APR is 20.5% on a Circuit City Regular Account. APR may vary. Offer expires 2/8/94.

COMPLETE APPLE® 475 SYSTEM!

INK JET!

Macintosh Performa

68040 PROCESSOR

SEND FAX & MODEM

.28 DOT PITCH MONITOR

160MB HARD DRIVE

SYSTEM & PRINTER... \$1866⁹⁴

LESS INSTANT CREDIT... \$150⁰⁰

NET PACKAGE PRICE \$1716⁹⁴

ALSO INCLUDES: 512 VRAM for up to 256 Colors - 3.5" Floppy Disk SuperDrive - 1 Year BBS On-Site Service

(M1904LLA, M2047LLA, STYLEWRITER3)

FREE OVER 12 SOFTWARE TITLES \$650 VALUE!

- System 7.1P with Launcher • ClarisWorks® 2.0 • Quicken™ 4 • Special Edition America On-Line™ • At Ease™ • Macintosh® PC Exchange™ • Teleport GlobalFax® • Spectre Challenger® Game • American Heritage Dictionary • AND MUCH MORE!

PAY 0% INTEREST FOR 6 MONTHS

See Store For All Details

BONUS SOFTWARE WITH PURCHASE!

Davidson Mathworks™ 2.0 & Davidson Math Blaster™ Plus

While supplies last.

MULTIMEDIA OPTION!

Apple Performa CD-ROM & Multimedia Upgrade Kit

- double speed CD-ROM drive with average access time of 250ms
- automatic lens cleaning & double front loading door for better dust protection
- noise reduction circuitry for audio clarity

\$579⁹⁷

COMMUNICATION ADVANTAGE!

INCLUDES TURBO TAX

COMPAQ

intel inside

\$100 PRINTER CREDIT!

BUILT-IN ANSWERING MACHINE

PAY 0% INTEREST FOR 6 MONTHS

SALE PRICED!

Compaq Presario 486SX/25MHz Integrated Computer with .28 Dot Pitch SVGA Monitor, 4MB RAM, 200MB Hard Drive, Send/Receive Fax Modem, Game Port, Speaker, Built-In Voice Messaging Center & Windows Communications Software Package & 3-Year Warranty

- includes Microsoft Windows 3.1, Quicken for Windows, Prodigy, America On-Line & PFS:WindowWorks 2.0

160600095

MEMORY TO GROW!

AST Advantage!

INCLUDES TURBO TAX

AST Advantage! 486SX/33MHz Computer with 4MB RAM, 210MB Hard Drive, Dual Floppies, Mouse, Send/Receive Fax/Modem, Microsoft Windows 3.1 & DOS 6.0

- software includes Microsoft Works for Windows, Intuit Quicken for Windows, Introduction to Prodigy, America Online, Delrina WinFax & Microsoft Productivity Tutorial
- toll free technical support & 1-year on-site warranty
- local bus video accelerator
- upgradable to Pentium technology

\$100 PRINTER CREDIT!

PAY 0% INTEREST FOR 6 MONTHS

C.P.U. MONITOR \$1149⁹⁷

NET PACKAGE PRICE \$1419⁹⁴

927347001

Reveal Internal CD-ROM Drive with 20 Multimedia Application Software Titles & Joystick

- get dazzling sights & sounds from your personal computer
- double speed CD-ROM drive with 320ms access time
- 20 multimedia CD-ROM titles

\$579⁹⁷

MPX06

maxell

Maxell® Formatted High Density 3.5" Floppy Disks

\$8⁹⁷

PC ACCESSORIES

New Computer Accessory Kit for the PC

\$29⁹⁷

50007

Canon

Canon Replacement Ink Cartridge for BJ200

\$24⁹⁷

Panasonic

Color Kit Option for Panasonic KXP2123 Printer

\$49⁹⁷

KXPX11

IBM

IBM PS/1 .28 SVGA Monitor with Non-Glare Coating & Tilt/Swivel Stand

- supports 1,024 x 768 lines of resolution

\$349⁹⁷

5909777

EPSON

Epson Stylus™ 300 Ink Jet Printer: Quality at an Affordable Price

- 360 dots per inch
- 100-sheet paper tray with manual feed for envelopes, sheet labels, and transparencies

\$236⁹⁷

C12001

Canon

Canon Personal Laser Printer

- prints 4 pages per minute
- 300 dpi
- HP III P & PCL5 emulation

\$539⁹⁷

LBP430

EPSON

Epson ActionNote 486SLC/33MHz Computer with 4MB RAM, 80MB Hard Drive, 3.5" Floppy Drive, Built-In Speaker & 10" Backlit Screen

\$1299⁹⁷

\$100 PRINTER CREDIT!

Packard Bell Statesman 486SLC/33MHz Notebook Computer with 4MB RAM, 200MB Hard Drive, 9.5" Monochrome LCD Screen, 3.5" Floppy Drive, Keyboard Integrated J-Mouse™ & Microsoft Windows 3.1

\$1579⁹⁷

\$150 PRINTER CREDIT!

Not Available in All Stores

810411

PRINTER VALUES!

Panasonic

Panasonic 24-Pin Dot Matrix Printer with Color Printing Capability

\$227⁹⁷

KXP2123

Apple

Apple Stylewriter Ink Jet Printer

\$269⁹⁷

STYLEWRITER3

HP

Hewlett-Packard DeskWriter 550C Color Ink Jet Printer for Macintosh Computers with 35 Scalable Fonts

\$529⁹⁷

C2126A

Apple

Apple® Personal Laserwriter® 300 4-Page-Per-Minute Laser Printer with 100-Sheet Paper Tray

\$649⁹⁷

M2047LLA

GENERAL ELECTRIC

GE Compact Dual Cassette Telephone Answering Machine with Voice Time/Date Stamp & Extension Disconnect

\$54⁹⁷

29852

Panasonic

Panasonic Telephone Answering Machine with Dual Microcassette System & 2-Digit Call Counter with Message Alert

\$64⁹⁷

KXT5030

AT&T

AT&T Feature Phone with Receiver Volume Control & Automatic Redial

\$23⁹⁷

09136

AT&T

AT&T Tapeless Digital Answering Machine with Voice Time/Date Stamp & LED Call Counter

\$118⁹⁷

1509

Panasonic

Panasonic Portable Cassette Recorder with Voice Time/Date Counter & Auto-Stop Cue & review controls

\$22⁹⁷

RC210E

GENERAL ELECTRIC

GE Contemporary Dean Telephone with Ringer Control & Redial

\$17⁹⁷

2917C

SANYO

Sanyo Voice-Activated Compact Cassette Recorder

- 1-touch record
- electronic pause control
- 100% full-size cassettes

\$34⁹⁷

M5110

SONY

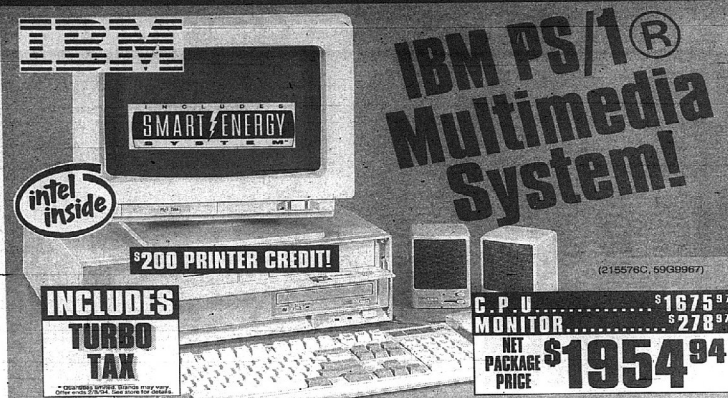
Sony Pressman Microcassette® Recorder

- fast playback & 25% faster than normal playback
- Compact Series® design
- Voice Operated Recording (VOR) & 1-touch recording
- cue & review with side control operations

\$34⁹⁷

M507V

FREE WINDOWS® TURBO TAX SOFTWARE WITH ANY IBM-COMPATIBLE COMPUTER PURCHASE!



IBM PS/1® Multimedia System!

170MB HARD DRIVE **1MB VIDEO RAM** **MULTIMEDIA 486SX/25MHz** **4MB RAM**

FREE SOFTWARE \$1100 VALUE!

CD SOFTWARE TITLES:

- Microsoft® Multimedia Pack
- Compton's Interactive Encyclopedia
- Mayo Clinic King's Quest VI
- SoundBlaster™
- MCS MusicRack
- Monologue for Windows™
- PS/1 Photo Display

PLUS: Microsoft® Windows™ 3.1, Microsoft® Works™, Prodigy®, America Online™

INCLUDES TURBO TAX

\$200 PRINTER CREDIT!

C.P.U. MONITOR \$1675.97 \$278.97

NET PACKAGE PRICE \$1954.94

(215576C, 5938967)

UP TO \$200 ON ANY PRINTER! WHEN YOU PURCHASE ANY COMPUTER & MONITOR SYSTEM!

INSTANT CREDIT

200 off any printer with PC & monitor (or notebook) purchase above \$2,000.
150 off any printer with PC & monitor (or notebook) purchase above \$1,500.
100 off any printer with PC & monitor (or notebook) purchase above \$1,000.

RUNS TWICE AS FAST!



IBM PS/1® 486DX2/50MHz Mini Tower Computer with 4MB RAM, 253MB Hard Drive, Dual Floppies, Local Bus Video Graphics, Microsoft® Windows™ 3.1, Preloaded Software & Rapid Resume

- Smart Energy System
- Fast modem lets you send & receive faxes from your computer's software
- Software includes Microsoft® Works for Windows™ integrated software package, Prodigy®, America Online, PS/1 Software & choice of 1 of 3 titles through America Online
- Full free technical support plus IBM 1-year Express Maintenance

C.P.U. MONITOR \$1496.97 \$278.97

NET PACKAGE PRICE \$1774.94

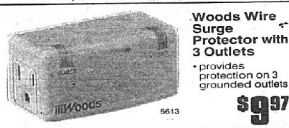
\$150 PRINTER CREDIT!



Targus Vinyl Notebook Carrying Case

- disk pockets hold up to 12 3.5" disks
- adjustable padded divider
- 14" interior document pocket, plus business card & pen/pencil holders
- exterior accessory/primer pocket & reinforced carrying handle

\$39.97



Woods Wire Surge Protector with 3 Outlets

- provides protection on 3 grounded outlets

\$9.97

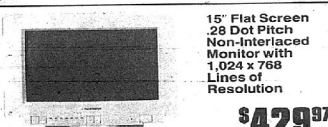
FREE SOUND CARD AND SPEAKERS WITH ANY IBM COMPUTER!



Compaq Contura 486SX/25MHz Notebook Computer with 4MB RAM, 120MB Hard Drive, 8KB Cache, 3.5" Floppy Drive, Built-in Trackball, Microsoft DOS 6.0 & Windows 3.1 & 3-Year Warranty

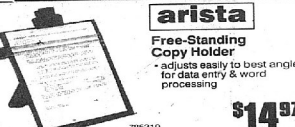
\$150 PRINTER CREDIT!

Limited Quantities \$1896.97



15" Flat Screen 28 Dot Pitch Non-Interlaced Monitor with 1,024 x 768 Lines of Resolution

\$429.97



arista Free-Standing Copy Holder

- adjusts easily to best angle for data entry & word processing

\$14.97



3 1/2" Diskette Storage Box

\$4.97



Toshiba Satellite™ 486DX2/40MHz Active-Matrix Color Notebook Computer with 4MB RAM, 120MB Hard Drive, 3.5" Floppy Drive, Integrated BallPoint Mouse, PCMCIA Slot & Preloaded Software

\$200 PRINTER CREDIT!

Runs Twice As Fast!

\$2997.97



PHONE-MATE PhoneMate Ultra Cordless Telephone Answering Machine with Enhanced Noise Reduction Circuit

- AA rechargeable batteries with Extended Battery Life will last up to 7 days
- 3-number memory

\$114.97

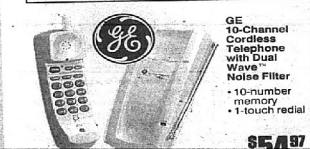


SANYO Sanyo Multi-Function Fax Machine with Automatic Paper Cutter

- 10-sheet automatic document feeder & 1-touch transmission
- faxphone switchover
- 28-number auto dialer

INCLUDES PAPER CUTTER

\$329.97



GE 10-Channel Cordless Telephone with Dual Wave Noise Filter

- 10-number memory
- 1-touch redial

\$54.97



MOTOROLA VSB 10-Channel Cordless Phone with Secure Clear™ Anti-Eavesdropping Technology & Advanced Noise Reduction

\$129.97



SANYO Sanyo Cordless Telephone/Answering Machine with Super Compander III Noise Reduction & 10-Number Memory

\$149.97



Panasonic Fax/Phone/Answering Machine

- hands-free speakerphone
- 10-page automatic document feeder
- 40-number memory

\$378.97



AT&T 2-Line Speakerphone with 10-Number Memory & Receiver Volume Control

2-LINES! \$59.97



Panasonic 2-Line Speakerphone with 3-Way Conferencing & Memory Dialing

- 28-listing speed dialer

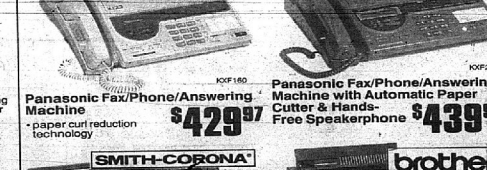
\$69.97



SONY Sony 10-Channel Cordless Telephone/Answering Machine with Compander Circuitry & Voice Time/Day Stamp

- 10-number speed dialing
- digital message counter

\$148.97



Panasonic Fax/Phone/Answering Machine

- paper curl reduction technology

\$429.97

Panasonic Fax/Phone/Answering Machine with Automatic Paper Cutter & Hands-Free Speakerphone \$439.97



OLYMPUS Olympus Microcassette Recorder with Fast Forward Monitoring & Variable Recording Level Control

- cue marking
- double-time fast forward & rewind

\$149.97



SII Sanko Instruments SII 42 Sanko Instruments

- based on the Random House Spanish Dictionary
- translates useful phrases
- contains over 25,000 translations

\$17.97



SHARP Sharp 64KB Wizard Organizer with World Clock & Calculator

\$159.97



Smith-Corona Typewriter with WordEraser™

- auto return, center & underscore
- full line correction

\$87.97

Brother Word Processor with Built-In Encyclopedia \$379.97

WE'LL BEAT ANY PRICE ON BIG BRAND NAME TVs!



Zenith 27" Stereo TV with Multi-Brand Remote Control & SEq Audio System

- MTS stereo with dbx™ noise reduction
- audio/video jacks with variable audio output jacks
- Channel Flashback • channel labels

PRICE BREAK
\$447⁹⁷

ZENITH 27" TV PRICE BREAK



Zenith 27" Stereo TV with Multi-Brand Remote Control & Picture-in-Picture

- SEq audio system
- MTS stereo with dbx™ noise reduction
- 2 audio/video jacks with variable audio output jacks
- Channel Flashback feature

PRICE BREAK
\$547⁹⁷



RCA 13" Color TV with Remote Control

- ChannelLock™ 6-button remote control
- closed captioning
- auto programming
- 181-channel cable-compatible tuning

\$167⁹⁷



GoldStar 13" TV/VCR Combination with Full Function Remote Control

- digital tracking
- automatic head cleaner built-in
- 8-event/365-day on-screen programming
- dark glass picture tube provides bright colors with fine detail even in bright light

TV/VCR-IN-ONE
\$329⁹⁷



19" TV/VCR Combination with Full Function Remote Control & On-Screen Programming

- 8-event/365-day programming with English & Spanish on-screen menus

TV/VCR-IN-ONE
\$419⁹⁷



GE 19" Stereo TV with Remote Control

- high contrast picture tube provides a sharp picture even in the brightest rooms
- front fired stereo speakers with 16" stereo sound
- on-screen displays

\$237⁹⁷



Sony 20" Stereo TV with Trinitron Picture Tube

- MTS decoder with dbx™ noise reduction
- closed caption decoder
- on-screen displays
- audio/video jacks

\$379⁹⁷



Sharp 25" Stereo TV with Remote Control

- English, Spanish & French on-screen displays
- sleep timer
- automatically programs channels into memory

\$329⁹⁷



GE 27" Stereo TV with Full Color Picture-in-Picture

- multi-brand remote operates most major brands of electronics
- high contrast tube provides sharp picture in even the brightest rooms
- on-screen menu help

\$438⁹⁷



ProScan 27" Stereo TV with Multi-Brand Remote Control

- Matrix surround sound
- 5 audio watts per channel
- dbx™ noise reduction
- audio/video jacks

\$649⁹⁷



Panasonic 27" Superflat TV with Dome Sound System

- dark tint tube for better contrast
- audio/video jacks for optimum connection to a VCR
- built-in clock & sleep timer

\$699⁹⁷

0% INTEREST* FOR 12 MONTHS ON ALL 30" & LARGER TVs!

*With your Circuit City credit card, subject to credit approval. Minimum purchase \$249. No finance charge when paid according to terms. Monthly payments required. If not paid in full within 12 months, finance charges will be assessed from the date of purchase. As of 2/1/94, APR is 20.5% on a Circuit City Regular Account. APR may vary. Offer expires 2/8/94.



Magnavox 31" Color Stereo TV with Universal Remote

- audio/video jackpack with variable audio out
- all picture adjustments can be controlled from the remote
- English & Spanish on-screen displays

\$799⁹⁷



JVC 31" Stereo TV with Universal Remote & Audio/Video Jacks

- remote also operates most brands of VCRs & cable boxes
- AV jacks allow you to connect your VCR & audio system for Home Theater experience

\$759⁹⁷



Panasonic 31" Superflat TV with Dome Sound System

- Superflat system for enhanced picture
- audio/video jacks
- remote operates most VCRs

\$1199⁹⁷



Toshiba 35" Stereo TV with Universal Remote

- remote operates most VCRs
- English & Spanish on-screen displays
- audio/video jacks for optimum connection to a VCR or stereo system

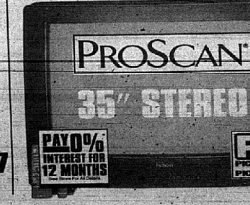
\$1399⁹⁷



Sony 32" Trinitron XBR TV with Dynamic Acoustic Chamber Speakers

- picture-in-picture allows viewing of 2 shows at once when connected to a VCR
- universal remote control operates most VCRs & cable boxes

\$1597⁹⁷



ProScan 35" Stereo TV with Universal Remote

- high contrast anti-glare picture tube
- matrix surround sound
- audio/video jack pack
- on-screen menu system

\$1699⁹⁷



Hitachi 46" Projection TV with Full Color Picture-in-Picture

- multi-brand remote control can operate most brands of VCRs
- quick freeze picture-in-picture puts a snap shot of the main picture in the corner of the screen

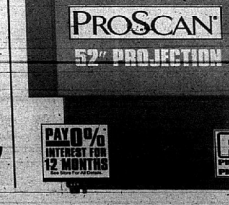
\$1999⁹⁷



RCA 52" Projection TV with Advanced Picture-in-Picture & Universal Remote

- Sound Retrieval System
- matrix surround sound & 10-watt-per-channel amplifier
- 13 audio/video jacks
- channel guide, channel labeling & commercial skip

\$2197⁹⁷



ProScan 52" Projection TV with Built-In VCR Storage

- picture-in-picture lets you watch 2 shows at once when connected to a VCR
- Dolby® Surround Sound capability

\$2999⁹⁷

2-HEAD, 4-HEAD, HI-FI STEREO... WE'VE GOT THE VCR FOR YOU!



**4-HEAD
VCR!**

GE 4-Head VCR with Unified TV/VCR
Remote Control & Digital Tracking

- 181-channel cable-compatible tuner
- 8-event/365-day program recording
- high speed rewind
- on-screen elapsed time counter

\$197⁹⁷

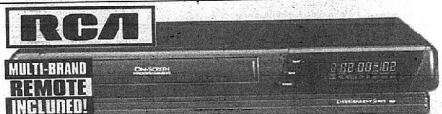


**WITH
REMOTE**

4-Head Hi-Fi VCR with Digital Tracking, Full
Function Remote Control & Full Function
Front Display

- 8-event, 365-day on-screen programming

\$247⁹⁷



**MULTI-BRAND
REMOTE
INCLUDED!**

RCA VCR with Multi-Brand TV Remote &
4-Event/365-Day On-Screen
Programming

- 181-channel cable-compatible tuner
- digital auto tracking

\$199⁹⁷

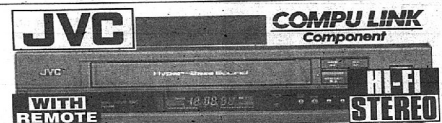


**WITH
REMOTE**

Panasonic 4-Head VCR with
Multi-Brand Remote

- program director on remote for easy programming
- inter-free special effects
- English & Spanish on-screen help menus

**New Low Price
\$249⁹⁷**



**WITH
REMOTE**

JVC Hi-Fi Stereo VCR with Digital
Tracking & Auto Head Cleaner

- Hyper Bass System boosts lower frequencies
- English & Spanish on-screen displays
- 181-channel cable-compatible tuner

\$299⁹⁷



**WITH
REMOTE**

Hitachi 4-Head Hi-Fi VCR with
Multi-Brand Remote Control

- remote controls many brands of
TVs & cable boxes

\$349⁹⁷



**WITH
REMOTE**

Sony Hi-Fi VCR with VCR Plus+™
Programming & Cable Mouse™

- Cable Mouse™ system controls cable box through remote
when recording

\$449⁹⁷



**WITH
REMOTE**

Panasonic S-VHS 4-Head HiFi VCR
with Multi-Brand Remote & LCD
Program Director Remote

- S-VHS video system offers over 400 lines of horizontal resolution

\$497⁹⁷

FREE ACCESSORIES WITH ALL CAMCORDER PURCHASES \$599 & UP!



Limited Quantities

\$599⁹⁷



Sony Handycam® 8mm
Camcorder with 10:1 Variable
Speed Zoom & Full-Function
Remote Control

- 3-mode program auto exposure
with selector dial for trouble free recording

**New Low Price
\$697⁹⁷**



Sony Handycam® Hi-Fi 8mm
Camcorder with Remote
Control & LCD Status Display

\$897⁹⁷



VM2600A

\$799⁹⁷



**COLOR
VIEWFINDER!**

Sony 8mm
Camcorder
with Color
Viewfinder &
Built-In Wide
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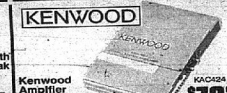
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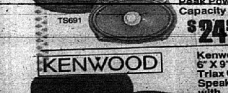
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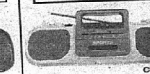
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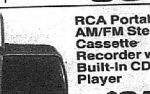
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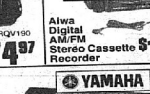
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Today's Food

Wednesday, February 2, 1994

Food & Nutrition

Wise Ways

Cholesterol listing on new food labels standardizes serving sizes on many similar products.

INSIDE

Micro Raves

Soup and stew are quick items any day with Betty Serati's microwave ideas.

INSIDE

Blue Ribbon Cook

Tortellini rounds out Italian attitude to winning soup with sausage and zucchini.

INSIDE

Private Label Test Run

What makes a peanut butter sandwich special? Our tasters check out Shop 'n Save strawberry preserves.

INSIDE

Lively Eating

Chili powder varies by brand because it is a blend of chilies. If one does not tilt your taste buds, try another.

Health & Fitness

Fresh Picks

Sweet potatoes did not leave town when the calendar changed. They are loaded with vitamin A and have lots of vitamin C and potassium. For a change, bake red-fleshed sweet potatoes instead of those with an orange interior. Top with orange-juice flavored butter and chopped pecans.

Medicine Chest

Antihistamines are most effective used early in the congestion of a cold. They cause drowsiness, according to their intensity.

INSIDE

Big Fat Tip

Size up your plate. Fill 75 percent of your plate with fresh vegetables, whole grains and legumes, then add a fist-size portion of lean meat or fish.

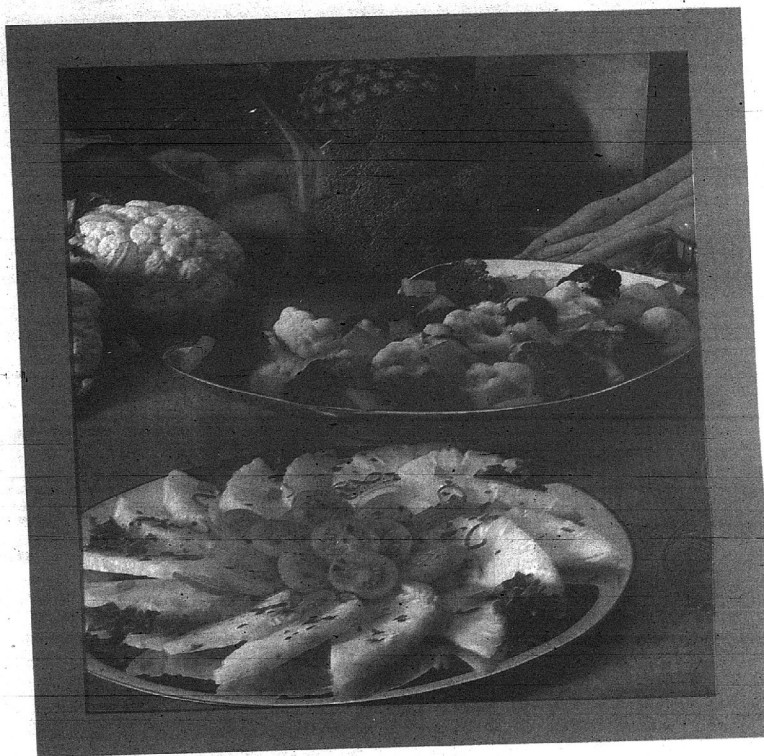
Kids' Cuisine

Smart brown bags go to school. Liven up lunch with leftover pizza, apple and milk; a thermos of soup, string cheese, minibagel and pear; yogurt with an individual carton of cut-up fruit and bag of granola for easy add-ins.

Future Shop

Flavors like mozzarella and parmesan are regular purchases now, but the Italian cheeses will be joined by varieties that answer in other languages. Look for more and more soft, mild cheeses that match Hispanic foods and Greek feta cheese to fill the case.

EAT TO WIN!



By Janice Denham
Staff writer

...lies in what you eat, not what you don't eat. Everyone eats, so why not be mindful of good health when eating delicious food?

This is the month of the heart, the month of valentines and intense feelings. Feelings of love for family and individuals abound.

In the month of the heart, concentrate on a gift that will bring the entire family healthy results.

Suburban Journals and the St. Louis Chapter of the American Heart Association will help crystallize your healthful eating habits by letting you send in

SEE WIN LITE, INSIDE TODAY'S FOOD PAGE 2

Healthful eating success...



Quick fixes keep dinner tasty and nutritious.

Depend on pasta, vegetables, beans and fish. If using canned veggies, beans or tuna, buy it unsalted or rinse off excess salt. Bake or microwave a potato, load it with leftover or canned vegetarian chili; broccoli, corn, a bit of margarine and a sprinkle of cheddar cheese; or mashed canned beans topped with salsa, lettuce, onion and tomato.

For a pasta meal, cook it without salt or oil, heat tomato sauce from the jar, add frozen mixed vegetables, sprinkle with a little parmesan cheese. Dilute regular salad dressing with vinegar or use low-fat dressing.

Today's Food

Tortellini
big winnerBlue Ribbon
Cook

Lais Hasenfratz, Florissant, is the winner of this week's certificates from the Pasta House Company.

This is a richly colored soup brimming with flavor from Italian spices, sausage, zucchini and green pepper, with plump tortellini simmered in the broth for extra flavor. She adds salad and Italian bread to complete the hearty meal.

Recipes in this month's Green Vegetable Recipe Contest will be accepted through Feb. 28 for consideration as winner each of the five weeks in March.

One recipe per household can be sent to: Green Vegetable Recipe Contest, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

ITALIAN SAUSAGE
TORTELLINI SOUP

- 1 lb. Italian sausage
- 1 cup chopped onion
- 2 cloves garlic, sliced
- 5 cups beef broth
- 1/2 cup water
- 1/2 cup dry red wine or water
- 1 can (16 oz.) tomatoes
- 1 cup sliced carrot
- 1/2 tsp. leaf basil
- 1/2 tsp. leaf oregano
- 1 can (8 oz.) tomato sauce
- 1 1/2 cups sliced zucchini
- 4 oz. dry tortellini filled with parmesan cheese
- 3 tbsp. chopped fresh parsley
- 1 medium green bell pepper, chopped
- 1/2 cup parmesan cheese, if desired

Brown sausage without casing. Remove from pan. Discard all but 1 tablespoon drippings. Sauté onion and garlic in reserved drippings until onion is tender.

Add beef broth, water, wine, tomatoes, carrot, basil, oregano, tomato sauce and sausage. Bring to boil. Reduce heat. Simmer, uncovered, 30 minutes.

Skin fat from soup. Stir in zucchini, tortellini, parsley and green pepper.

Fruit jam can make, break PBJs

By Terry Edelman
Staff writer

A jar of strawberry preserves is a staple in most kitchens. Whether on toast or muffins for breakfast, or with peanut butter for a lunch-time sandwich, strawberry preserves is probably as popular a food as any that exists.

As part of the Journal Private Level Test Run, local households tried Shop 'n Save Strawberry Preserves.

Test Run

They cost about \$2.30 for a 32-ounce jar.

Des Peres resident Eileen Cochran typically makes her own strawberry jam or preserves. But she admitted the Shop 'n Save preserves compared favorably to hers.

Cochran said she and her family tried the preserves on

toast, with peanut butter and on homemade biscuits. She said they all liked it.

She said it spread easily, despite the fact it has big chunks of fruit. She said some of her children liked the chunkiness, some weren't crazy about it.

Although Cochran doesn't usually buy preserves, she does do it occasionally. If

she does buy preserves, she said she'd definitely consider the Shop 'n Save brand.

Kirkwood resident Carol Pott said she and her family also enjoyed the Shop 'n Save preserves.

Pott said she usually buys Smuckers jams but would consider making a switch.

Pott said she tried the preserves on English muffins and crackers.



Strawberry jam is as American as apple pie.

New food labels ally in battle of cholesterol

Adults trying to hold the line on cholesterol have a new ally — new food labels. Changes make counting daily cholesterol intake easier and more consistent from product to product.

Cholesterol content is listed two ways. The amount of cholesterol in a serving of food is still listed in milligrams (mg). But new labels also show the % Daily Value for nutrient, including cholesterol. Percent Daily Value gives a general idea of how nutrients in one serving of a food fit into a total day of eating.

Percent Daily Value for cholesterol is based on the recommendation that most healthy Americans over the age of two limit cholesterol consumption to 300 milligrams per day. Percent Daily Value for other nutrients is based on calorie needs.

Choosing foods for a

Wise Ways

BY LINDA BLUMENBERG

healthful diet is easy to use with the % Daily Value.

For example, a quick look at labels is all it takes to see which bread on the grocer's shelf is lowest in cholesterol. It shows if all foods eaten in one day fit the 300 milligram limit. While recommendations are given in terms of one day, it is important to remember that what is eaten over time is what counts.

Individuals aiming to eat less than 300 milligrams can use the amount of cholesterol, rather than the percent, to guide their food choices.

Health claims relating to cholesterol are limited on the new food labels. First, manufacturers can only make a claim about cholesterol if

the food is also low in saturated fat. Saturated fat raises blood cholesterol levels more than anything else in the diet. Foods rich in saturated fat, even if they have no cholesterol, are not heart-healthy.

Second, descriptors like "low" or "free" now are defined so they have the same meaning from product to product. A food can be labeled "cholesterol-free" if it contains less than 2 milligrams cholesterol and 2 grams or less saturated fat. A "low-cholesterol" product is one with 20 milligrams or less cholesterol and 2 grams or less saturated fat.

"Reduced-cholesterol" or "less cholesterol" means the food has at least 25 percent less cholesterol and 2 grams or less saturated fat. A label on a reduced-cholesterol food might read "This coffee cake contains 25 percent less

cholesterol than our regular coffee cake. Cholesterol lowered from 60 to 45 milligrams per serving."

Capitol Hill Bean Soup fits the definition for a low-cholesterol food. It has only a trace of saturated fat, 2 grams total fat and 4 milligrams cholesterol. This hearty soup is an excellent source of fiber.

CAPITOL HILL
BEAN SOUP

- 1 1/2 cups dry navy beans
- 7 cups boiling water
- 1 small ham hock
- 1 medium potato, pared
- 1 cup chopped onion
- 1 cup finely chopped celery stalks and leaves
- 2 tbsp. chopped parsley
- 1 clove garlic
- 1/2 tsp. salt

tsp. pepper

Add beans to boiling water. Return to boil. Boil 2 minutes. Remove from heat. Soak overnight, covered, in refrigerator.

Add ham hock and potato. Bring to boil. Boil gently, covered, 1 hour. Mash potato with fork. Stir back into beans with onion, celery, parsley, garlic, salt and pepper. Cook 1 hour longer.

Remove ham hock. Separate meat from skin, fat and bone. Cut meat in small pieces. Add to soup. Heat to serving temperature.

Certified home economist Linda S. Blumenberg is nutrition specialist for University of Missouri Extension in Montgomery County.

Hot soup straight from pot warms heart, tingles toes

Many people grew up singing "Mm-mm, good! Mm-mm, good!" when they had soup for lunch. That certainly describes homemade soups hot from the microwave oven — on a blustery, cold day.

Soup cooked in a microwave oven can be served in its cooking container and reheated frequently for just-cooked taste. Microwave cooking takes place top, sides and bottom, so it needs less attention for stirring and it does not scorch on the bottom.

Microwave cooking results in fresher-tasting, more nutritious vegetables with more attractive color because

Micro Raves

BY BETTY SERATI

they cook a shorter time.

Here are two delicious winter soups.

The other recipe, a country vegetable soup, will become a family favorite.

CHILI CON QUESO

- 1 lb. ground beef chuck or round
- 1/2 cup chopped onion
- 1 clove garlic, chopped
- 1 can (16 oz.) kidney

- beans
- 1 can (16 oz.) tomatoes
- 1 can (8 oz.) tomato sauce
- 1 tsp. chili powder
- 1 tsp. salt
- 1 cup (4 oz.) shredded cheddar cheese, if desired

Place meat, onion and garlic in plastic colander suspended above a glass bowl. Cook on high power, stirring once, 4 to 5 minutes until meat is no longer pink.

Place meat, onion and garlic in 3-quart microwave-safe casserole. Add drained tomatoes and beans, tomato sauce, chili powder and salt. Cook, covered, on high power 15 minutes, stirring occasionally.

COUNTRY
VEGETABLE SOUP

- 2 tbsp. butter or margarine
- 1 small onion, finely chopped
- 1 cup sliced mushrooms
- 1 cup chopped celery
- 1 cup shredded carrot
- 1 clove garlic, finely chopped

- 2 cans (14 1/2 oz. each) chicken broth
- 3 cups coarsely chopped, fresh spinach
- Salt and pepper to taste

In 3-quart microwave-safe casserole, melt butter on high power 15 to 30 seconds. Stir in onion, mushrooms, celery, carrot, garlic and 1/4 cup broth. Cook, covered, on high power about 10 minutes. Stir in spinach. Continue cooking, covered, about 2 minutes. Stir in remaining broth. Heat, covered, on high 6 to 8 minutes.

Betty Serati is a microwave specialist.

A little knowledge is a healthful thing for all family members

Eating smart should be a family pursuit. Check out your nutrition knowledge with this updated quiz from the National Center for Nutrition and Dietetics. Pass it around the family to see who knows what about how they should eat.

1. Mom always said to eat your vegetables. How many veggies should you eat?

A. None. What did Mom know?

B. One serving a day.

C. Two servings a day.

D. Three or more a day.

2. Unless you've been on an iceberg the last 20 years, you've probably

heard fiber is good for you. Which is a good source?

A. Wheat.

B. Meat.

C. Fresh fruit.

D. Potato chips.

3. Here's a freebie. Which affects your risk of heart disease?

A. Smoking.

B. Diet.

C. High blood pressure.

D. Heredity.

E. All the above.

4. You're a card-carrying couch potato, but lately you've been thinking about exercising. Which will do some good?

A. Walking.

B. Bike riding.

C. Gardening.

D. All the above.

5. It's 3 p.m. and your stomach sounds like an angry cheetah. Which is the wisest low-fat snack choice?

A. A chocolate chip cookie.

B. A low-fat frozen yogurt cone.

C. Fifteen potato chips.

D. Trail mix with peanuts and raisins.

6. Iron is especially important for women. Which is an iron-rich choice?

A. Lean roast beef.

B. Spinach.

C. Dried beans.

D. Enriched bread.

E. All the above.

7. While boning up on

nutrition, you've learned calcium is important. Which is the best bet for getting the calcium you need?

A. Cheddar cheese.

B. Broccoli.

C. Eggs.

D. Low-fat milk.

8. Eating lots of starchy foods, like potatoes, rice, pasta and bread, makes you fat. True or false?

Answers

1. D. Mom was right. Dietary Guidelines for Americans recommend at least three servings a day for adults. Children need plenty, too. Plan at least five servings of a combination of fruits and veggies each day.

2. C. Fruit is correct. Wheat bread can be made from all-purpose flour, which is devoid of fiber, whereas whole wheat bread is made from whole wheat flour, which has fiber.

3. E. Although you cannot change heredity, you do have control over most of the other factors that increase your total risk. Quit smoking, eat a balanced diet, lower fat in what you eat and see the doctor about high blood pressure.

4. D. Exercise need not be vigorous to keep your heart healthy. Daily exer-

cise adds up. Any exercise is better than none.

5. B. A low-fat frozen yogurt cone has about 1 gram fat, while 15 potato chips — a 1-ounce bag — has about 10 grams fat. A single chocolate chip cookie can have 6 grams fat.

6. E. All these foods provide iron. It is absorbed most efficiently from meat.

7. D. One 8-ounce glass of low-fat milk has 300 milligrams calcium, more than one-third the recommended dietary allowance for adult women.

8. False. We should eat more of them to control weight.

Win lite

Continued from page 1C. your healthful eating habits by letting you send in your own favorite recipes with a healthful attitude.

This type of cooking and eating looks to all the flavorful, colorful foods that offer varied flavors and textures. Fruits and vegetables, grains, pastas and low-fat protein foods should fill the ingredient lists with the means for everyone to fill their plates.

There are four categories:

Meatless main dish: beef, pork, poultry and fish. Has given way to dishes that give beans and other high-protein foods a chance to lead the

low-fat way.

Vegetable/fruit: The more colors on the plate, the merrier. Share a recipe for any part of the meal or a snack that uses one or more. Sweet dessert or snack: Martini give up dessert, but real people make occasional sweet departures — part of their low-fat routine.

Class's favorite low-fat recipe: This is a special category for a class to share a low-fat recipe it has enjoyed. Cooking, science or home economics classes are well-qualified to share one, as are preschool classes that concentrate on eating smart at snack time.

Prizes will be awarded in all categories. Winners will be announced in the Journal during Nutrition Month in March.

Entries must be postmarked by Feb. 22. They will be judged by a panel of dietitians who promote healthy eating. Send them to: Eating Right Recipe Contest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

Here are delicious examples of ways to translate fruits and vegetables into colorful dishes.

SALSA-STYLE
PINEAPPLE SALAD

- 1 small fresh pineapple, cored, sliced in thin wedges
- 1 cup halved cherry tomatoes
- 1 tbsp. diced red bell pepper
- 1 thin slice red onion for garnish
- 2 tsp. chopped fresh cilantro
- 1/4 cup lime juice
- 1 small clove garlic, pressed
- 2 to 3 tsp. sugar
- 1/4 tsp. grated lime peel
- 1/4 tsp. chili powder
- Salt to taste

Fan pineapple around edge of platter. Fill center with cherry tomatoes. Scatter red bell pepper and onion rings over top. Sprinkle with cilantro. Mix lime juice and peel, garlic, sugar, chili powder and salt.

MIXED VEGETABLE
DIJON

- 1 cup cauliflower florets
- 2 cups broccoli florets and thinly sliced stems
- 3/4 cup chunked red bell pepper
- 2 tbsp. minced red onion
- 2 tsp. margarine

- 1 tbsp. flour
- 1/4 cup low-sodium chicken broth
- 1/4 cup nonfat milk
- 1 1/2 tsp. Dijon mustard
- 1 tsp. honey
- 1/4 tsp. pepper sauce

Cook cauliflower in boiling water 3 minutes. Add broccoli and red pepper. Cook 30 seconds longer.

Drain.

In large nonstick skillet, cook onion in hot margarine until soft. Add flour. Cook, stirring, 1 minute. Gradually whisk in chicken broth and milk. Add mustard, honey and pepper sauce. Cook and whisk 2 to 3 minutes.

Arsenal of medications ebbs rampaging coughs, sneezes

Selecting a cough or cold product is a difficult decision. A little knowledge takes the mystery out of buying cough and cold medications.

Medicines should be selected based on the symptoms you want to relieve.

Decongestants open nasal passages by constricting blood vessels and diminishing nasal congestion. These products affect nasal passages, as well as blood vessels throughout the body, so patients with high blood pressure or other chronic conditions or patients who take other medications should speak to their pharmacist or physician before buying one.

Topical decongestant nose sprays work promptly. Because they are applied directly to the nose, they have fewer effects on other body systems. If used more than

Medicine Chest

10 days, these products can worsen nasal congestion when use is discontinued.

Antihistamines prevent the release of histamine, which dilates blood vessels and causes congestion. Because antihistamines do not block the formation of congestion — they reduce additional formation — they are more effective when taken early.

Common antihistamines available over-the-counter include diphenhydramine, chlorpheniramine and brompheniramine. These are associated with drowsiness of varying levels, so should be taken with caution. Antihistamines causing less drowsiness can be obtained with a prescription.

Expectorants ease the

bringing up of phlegm from the respiratory tract. Coughs that accompany colds can be either nonproductive — dry — or productive — producing phlegm. Productive coughs are best treated with expectorants which help eliminate phlegm. Some authorities consider drinking lots of water to be the most effective expectorant. Another one is quinine.

Many remedies at home help alleviate symptoms of a common cold. Humidified air, warmth and increased intake of fluids can help alone or combined with medication.

Most colds are caused by a virus, therefore antibiotics which work against bacteria are not effective.

Registered pharmacist Rebecca Coley is assistant professor of pharmacy administration at the St. Louis College of Pharmacy.

Pasta, ham, vegetables make dinner full of can-do sharing

Less time-consuming alternatives are replacing elaborate home-cooked meals. Family meals are joint productions where those who arrive home first share responsibility for cooking.

Keeping a pantry stocked with easy-to-use preparations allows everyone to save time and energy, yet still enjoy great tasting, healthy meals. It involves creative maneuvering. It also requires up-to-date lists that help replace items, like canned vegetables, as they are used.

The whole is as delicious as the sum of its parts, so choose a grain like pasta to absorb stronger flavors and add filling bulk and vegetables to add individual flavor, energy and nutrients.

In this rigatoni dish, a cream sauce is made with piquant blue cheese to keep flavor high and skim milk to

keep fat low.

BAKED RIGATONI WITH VEGETABLES

8 oz. ham, cut in 1/2 inch cubes
1/2 medium onion, chopped
2 cloves garlic, minced
2 tsp. leaf basil
1 can (8 oz.) peas, drained
1 can (7 oz.) sliced carrots, drained
1 can (4 oz.) sliced mushrooms, drained
1/4 tsp. nutmeg
1/4 tsp. salt
1/4 tsp. pepper
6 oz. uncooked rigatoni
Blen Cheese Sauce

Prep rigatoni according to package directions.

Spray large skillet with cooking spray. Heat over medium heat until hot. Sauté onion, onion and garlic about 5 minutes until onion is tender. Stir in basil and oregano. Cook 1 minute. Stir in peas, carrots and mushrooms. Cook over medium heat until warmed through. Stir in nutmeg, salt and pepper.

Blen Cheese Sauce: Combine 1 tablespoon cornstarch and 1 tablespoon flour in medium saucepan. Stir in 2 cups skim milk. Heat to boiling. Boil, stirring constantly, about 1 minute until thickened. Remove from heat. Add 2 tablespoons cream, 1/2 cup blue cheese, 1/4 teaspoon nutmeg and 1/4 teaspoon pepper. Stir until cheese is melted. Makes about 2 1/2 cups sauce.

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Eagle Popcorn **99¢**

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Pepsi 20-oz. Btl. **69¢**

Armour With Beans Chili 15-oz. Can **77¢**

Heifetz Bread & Butter Pickles 16-oz. Jar **99¢**

Gold Medal Regular Only Flour 5-lb. Bag **79¢**

Nabisco's Premium Saltines **99¢**

Maxwell House Coffee 23-26 Oz. Tin **\$3.39**

Bath Tissue Charmin **99¢**

Plain Label 2% Milk 1 Gallon Jug **\$1.89**

Kraft Single Slice American Cheese 12-oz. Pkg. **\$1.69**

Family Pak Ice Cream Half Gallon **\$1.29**

Selected Varieties Budget Gourmet **\$1.29**

All Varieties Patio Burritos 3 Pkg. **\$1.00**

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41 POUND FREEZER SPECIAL \$64.95	GRADE 'A' FRYER BREAST 99¢	42 POUND FREEZER SPECIAL \$84.95
5 lbs. QUARTER LOIN CHOPS 5 lbs. BONELESS STEAK (Arm or Chuck) 10 lbs. GROUND BEEF (1 or 2 lb. Pkg.) 4 lbs. BONE STEAK (Round Tip) 5 lbs. BULK or LINK SAUSAGE Plain, Garlic or Italian 2 lbs. BACON (Egg Cook) 6 lbs. FRYERS (Chest Up)	AVERAGE \$1.59 PER POUND LIMIT 10 LBS.	ALL CENTER CUTS 5 lbs. PORK CHOPS 4 lbs. TONGUE or CLUB STEAK 5 lbs. PORK STEAK 10 lbs. GROUND CHUCK 5 lbs. BONELESS BULK SAUSAGE 2 lbs. LINK PORK SAUSAGE 2 lbs. COUNTRY CURED HAM 6 lbs. CUT-UP FRYERS

Beans, carrots, peas or corn for dinner tonight? Where is the variety when the produce section is ablaze with green, orange and yellow?

To add a sweet finish, add pineapple the last 25 minutes to complement the baked ingredients with tangy character.

Serve this with roasted pork, turkey, fish or chicken that can be baked at the same time to warm the kitchen and whet appetites.

4 cloves garlic
1 medium onion, cubed
3 cups cubed, unpeeled
sweet potato (1 lb.)
2 tsp. olive or vegetable
oil
1/4 tsp. salt
1/2 medium fresh
pineapple, cut in small
chunks, or 1 can (20
oz.) chunk pineapple,
drained

Preheat oven to 450°. Coat shallow pan with nonstick cooking spray.

Combine garlic, onion
and sweet potato.

Mix oil and salt. Toss with vegetables.

Roast 23 to 25 minutes longer.

Makes 4 servings; 218 calories, 3 g protein, 3 g fat, 47 g carbohydrate, 146 mg sodium and no cholesterol each.

NO-FUSS LASAGNA

- 1 lb. ground turkey or beef
- 3 cups spaghetti sauce
- 1 carton (15 oz.) part-skim ricotta cheese
- 2 cups (8 oz.) shredded mozzarella cheese
- 1/4 cup grated parmesan cheese
- 1 tsp. leaf basil, if desired
- 6 uncooked lasagna noodles
- 1/4 cup water
- Grated parmesan cheese for garnish, if desired

Preheat oven to 375°.

In large frying pan over medium heat, cook meat until no longer pink, stirring to separate meat. Drain fat. Stir in spaghetti sauce. Heat through.

In medium bowl, stir together ricotta, mozzarella, basil and $\frac{3}{4}$ cup parmesan. Season.

—In bottom of 12-by-8-inch baking dish, spread $1\frac{1}{2}$ cups meat sauce. Spread $\frac{1}{2}$ cup ricotta and half the cheese mixture. Repeat layers. Top with remaining meat sauce. Slowly pour water in edges of dish. Bake 45 minutes. Cover tightly with foil.

Bake in preheated oven 45 minutes. Uncover. Let stand 10 minutes.

- 1 can (16 oz.) whole potatoes, drained, cut in wedges
- 1 can (8 oz.) artichoke hearts, drained
- 1 can (15 oz.) kidney beans, drained
- 1 can (7 oz.) whole kernel corn, drained
- 1 can (7 oz.) green beans, drained
- 1 can (4 oz.) sliced mushrooms, drained
- 1/2 medium red bell pepper, sliced
- 1/2 cup sliced celery
- 1/2 cup cooked rice, chilled
- Mustard-Herb Dressing
- 1 cup thinly sliced red cabbage

In large bowl, combine potatoes, artichokes, kidney and green beans, corn and mushrooms. Bell pepper, celery and rice.

Toss Mustard-Herb Dressing with vegetables and rice. Refrigerate 2 to 3 hours.

Mustard-Herb Dressing: In covered jar, shake together ¼ cup apple cider vinegar, 2 tablespoons olive or vegetable oil, 1 tablespoon Dijon mustard, 2 teaspoons leaf tarragon, 2 teaspoons leaf basil and ¼ teaspoon pepper. Makes about ¼ cup.

**Edwardsville Parks Dept.
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Womens Slow Pitch
Mens Slow Pitch
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**For Further Information
Contact Herald 892-7538**

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W B 2

Area DARE students graduate

Students who participated in the DARE (Drug Abuse Resistance Education) graduation ceremonies held Jan. 12 in the auditorium of Granite City High School were:

Frohardt School:

Bueneger's class: Danielle Brown, Jared Casselton, Jack Clubb, Brian Crippen, Michelle Cripps, Amanda Cuvier, Joshua Duffield, Jamie Elmore, Scott Gardner, Jason Grable, Ronda Hall, Joshua Harrison, Michael Hatcher, Candice Herin, Dorothy Hill, Alek Jarrett, Burrae Kelley, Chad McKinney, Charles Nagy, Phillip Patrick, Robert Shipley, Lora Smallman, Deanna Smith, Kimberly Speece, John Stordahl, Robert Trower, Emily Worthen and Jessica Worthen.

Sullivan's class: Maya Bec-ton, Brian Bogovich, Michelle Copeland, David Doolen, Cody Gray, Theresa Hatley, Lindsay Heath, Amber Hopper, Joshua Mercer, Mark Moulton, Rebekah Patterson, Nathan Severine, Katherine Speece, Karen Sues, David Svezia and Maria Van Siclie.

Weatherly's class: Ryan Armes, Ryan Ballew, David Baeum, Crystal Becker, Fred Beyrau, Daniel Bridges, Bryan Clark, Daniel Clark, Melissa Cloninger, Alexandria Crow, Jason Dickinson, Jenna Grable, Sarah Harris, Derrick Hays, Kyle Hensley, Candice Hirsch, Ali Krinski, Amber Lofink, Erica McMiller, Joshua Milam, Kassandra Mufiz, Amy Parker, Mikaela Romanitis, Christina Russell, Jennifer Schreiber, Aaron Smith, Timothy Snell, Ryan Stagner and Ty Syre.

Holy Family:

Meredith's class: Kevin Atkins, Latasha Booker, Erin Boyer, Richie Carney, Jessica Fendren, Lisa Hayes, Michael Hopkins, Alishah Johnson, Todd Johnson, Angela Kromar, Philip Lancaster, Megan Melchic, Della Moore, Ronnie Moussette,

Elizabeth Mushill, Tom Petrillo, Matt Pictorius, Ashley Slover, Sarah Turek, Andrea Vasquez and Eric Wienhoff.

Webb's class: Sarah Carmody, Camille Fensterman, Christopher Havron, Aaron Holt, Jeff Jerser, April Jordan, Renee Kramer, Kate Marzili, Tony Mell, Fernando Pardo, Michael Patterson, Eric Pierse, Michael Reagan, Katie Ronk, Elizabeth Rooney, Nathan Smith, Darius Taylor, Jordan Unfried, Katie Vivod and Jessica Wallace.

Lake:

Brooks' class: Jill Adams, Joshua Anderson, Melodie Brankov, Amy Byrd, Melissa Carpenter, Randy Christy, Adam Courtney, Nathan Dom-hue, Joshua Doty, Kenny Faddis, Melissa Gerber, Jennifer Hear, Dawn Halley, Kristen Koleff, Mitch Levari, Lindsay Lerch, Nicholas Lewis, Jeffery Marcum, Don Munday, Christopher Oatis, Phillip Powell, Tabitha Ray, Kelly Rutter, Rory Schneider, Mary Shepard, Amanda Stephens, Alicia Valencia, Sherry Vasquez, Sabrina Warden, Christopher Watkins, Amy Whitehead and Alan Williams.

Collins' class: Larry Avery, Amanda Baranica, Jessica Bauer, Joshua Beavin, Celeste Clayton, Amand Dawdy, Jeremy Hall, Amanda Hodge, Amy Johnson, LaDonna Phillips, Elizabeth Pong, Deron Powers, Jacob Rangel and Melinda Smith.

Maryville:

Mason's class: Jason Bivens, Nicholas Boitz, Justin Cann, Nicholas Coad, Noah Condray, Leah Cross, Amanda Davis, Ryan Davis, Brian Dix, David Elliott, Michael Elliott, Timothy Ferguson, Crissy French, Lester Grobe, Megan Harper, Jeffery Holiday, Natalie Lodge, Jeremy Lane, Zachary May, Elisabeth Petty, Jamie Schubert, Jonathan Sley, Mickey Smith, Christina Sowell, Krys-

tal Wallace and Kendra White. Messick's class: Christina Ballard, Deanna Booker, Todd Bratt, Daniel Cholevik, Patrick Copeland, Stephanie Cuppett, Debra Davis, Randall Davis, Timothy Donahue, Tabitha Duff, Andrew Elliff, Jamie Finch, Robert Henderson, Travis Israel, Brandi Jones, Laura Kamadchski, Christopher Kayich, Katie Lathrop, Rachael Levault, Eric Lewis, Joshua Peacher, Andrew Ravanelli, Tara Sander, Matthew Shrum, Matthew Thomas, Melissa Weiser, Dustin Wesley, Janice Williams and Kevin Wootton.

Parkview:

Coleman's class: Brittany Ashford, Jason Barker, Kristin Bernaix, Amy Bilderback, Dacia Blackwell, Kennel Bone, Marissa Cox, Kellie Evans, Christopher Flanagan, Christina Gaglian, Heather Grindstaff, Charles Horian, David Jackson, Crystal Jones, Timothy Kosuge, Jeremiah Kovar, Christopher Lencier, Keith Mathis, Misty Matyas, Andrea Morales, Michelle Palmer, Dustin Ross, Kevin Sanders, Denis Schwierjohn, Jeremy Tankersley, Timothy Tutor and Melissa White.

Peterson's class:

Baehr's class: Holly Bradshaw, Brett Briggs, Brandi Burden, Lesa Byrd, Angela Davidson, Michael Davidson, John Dimotroff, Sherri Dunlap, Joshua Enoch, Zachary Giese, Daniel Michael, Justin Jones, Shelly Keller, Amy Krieshek, Angela McClery, Sabrina Miller, Larry Monroe, Bryan Moseley, Richard Skirball, Zachary Smith, Jeremy Stone, Michael Switala, Amy Varad and Eric Wright.

Varadian's class: Samantha Barker, Nicole Benson, Megan Bilyeu, Judy Boone, Stephanie Brake, Kyle Bridges, Sean Cochran, Matthew Cook, Rachel Hull, Clifford Kimmenen, Levi Lancaster, Shelly Lea-

(See DARE, Page 6C)

Missionary group helps crisis pregnancy center

A Winstanley Baptist Church missionary group is sponsoring a "baby shower" for the women of the Metro East Crisis Pregnancy Center.

The shower was originally slated for Jan. 16, but because of the severe temperatures it was pushed back to Feb. 20, said Melinda Halt, president of the Contemporary Missions Group.

The idea of the shower is to help the young women of the Crisis Pregnancy Center, which presents options to abortion and

provides counseling and spiritual encouragement. The women of the Winstanley group are putting together gifts such as baby clothing, diapers and lotions for the women at the center.

Halt said the gift table is overflowing.

"A lot of our women are going through pregnancies, too, so it really impacted our group," she said. "It's an important issue, and the shower was something easy for us to do, and it's fun."

The group even decorated as

for a real baby shower and had a cake. Halt said the postponement may work out better because the group has time to collect more gifts.

A volunteer from the Crisis Pregnancy Center also is scheduled to talk to the group.

The center is located in Granite City but plans to expand soon to Fairview Heights.

Winstanley Baptist Church is located at 971 W. Illinois 161 in Fairview Heights.

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NEWS

Survey shows progress in state fight for literacy

The latest report stemming from the National Adult Literacy Survey shows that Illinois is on target with its efforts to battle a problem affecting millions of Illinoisans, Secretary of State George H. Ryan said.

Findings in a recent report — "Adult Literacy in Illinois" — underscored a continuing need for efforts to recruit volunteers in minority communities, to sign up working people for GED programs and to help families help themselves.

Ryan said the report confirmed that the state needs to continue reaching out to minorities, seniors, school dropouts and the foreign born.

The survey found a disproportionate number of African-Americans and Hispanics without the skills needed in today's workplaces. However, those two communities also are well represented in community-based literacy programs, Ryan said.

Last year, 29 percent of adult literacy students statewide were Hispanic, while about 26 percent were African-American.

To address the problems, Ryan last summer launched a program, "Be a Light in the Dark," calling on the religious community to join in recruiting volunteer tutors and offering safe sites for study.

Ryan said today's survey results also demonstrated that the GED program is improving literacy and that children benefit when their parents continue their educations.

Persons wanting to enroll in classes or volunteer as tutors can be linked with a local literacy program by calling the Illinois Adult Learning Hotline at 1-800-321-9511. Help is free, and all calls are kept confidential.

Crisis Pregnancy Center plans satellite facility

The Crisis Pregnancy Center in Granite City is hoping to open a satellite center in Godfrey within a few months.

Organizers of the Godfrey Crisis Pregnancy Center, designed to give women with unplanned pregnancies an alternative to abortion, are finishing the first steps in the long process of creating such a center.

"If we get one of the major items done each week, we are looking at being open in February or March," Godfrey coordinator Karen Pillger said.

She is working with the group's Granite City office to open a satellite center in Godfrey at 5218 Godfrey Road, Crisis Pregnancy Center is an anti-abortion, nondenominational Christian group that provides free pregnancy testing and help to women with unwanted pregnancies.

Pillger said volunteers are working to gather information on social programs and agencies so they will have a list of organizations that can aid the center's clients.

"We'll have all the names on a Rolodex so we can direct our clients to the right agencies in the community to get help."

Other steps include applying for tax-exempt status and electing a board of directors.

Pillger and about a half dozen volunteers have been working on opening the center for about a year. All went through counseling training, which included working at the Granite City Center.

Raising the money to run the center has also taken a lot of time. "We have half the money we need to run the center for a year," Pillger said.

The centers are privately financed through church and personal donations, an annual fund-raising banquet and a year by Walk for Life.

"I feel very good about what's happening, but I really wish people would find it in their hearts to see what a need there is for this and come to us with a \$5 or \$50 donation every month, whatever they can afford," Pillger said.

Churches and anti-abortion groups also donate clothes for expectant mothers and babies, as well as baby supplies.

"Some churches have held baby showers for us and now we have plenty of new items for the layettes," Pillger said. "We're anxious to start."

The center gives each new mother who keeps her baby a layette.

The center will offer expectant mothers counseling, adoption referrals, food and other help. The center also provides Lamaze classes, living accommodations, prenatal information, doctor referrals and counseling for the father and the woman's parents.

The group's purpose is to give women with unwanted pregnancies alternatives to abortion, Pillger said.

Because the staff does not include medical personnel, women must administer the pregnancy tests themselves.

— From the Alton Telegraph

BAC to host anti-crime workshops

This spring, Linda Doerge, public safety director for the Granite City Campus of Belleville Area College, will be leading a series of crime prevention workshops throughout the community.

The topics of these crime prevention workshops will range from personal safety to gun safety for children.

Last year, Doerge attended the National Crime Prevention Institute's crime prevention training session at the University of Louisville in Kentucky. She learned to obtain crime prevention information and put together her own seminars.

Her participation in the training session was made possible by a Marsh Company Award from the Belleville area College Foundation.

Last November, she led a series of workshops at each campus on preventing sexual assault, personal safety and violence in

the workplace.

The 1994 crime prevention workshop will include:

Feb. 3 - Sexual Assault, 8:30-9:30 a.m., Vocational-Technical School Theater.

Feb. 12 - Careful Kids (Children's Safety), 9:30-11:30 a.m., Granite City Campus Saturday Experience Class.

Feb. 14 - Personal Safety, 11:30 a.m. to 12:30 p.m., Belvoir Fed.

Feb. 19 - Careful Kids (Children's Safety), 9:30-11:30 a.m., Granite City Campus Saturday Experience Class.

Feb. 24 - Public Safety, 9-10 a.m., Belleville Campus Theater.

Mar. 5 - Family Emergency Preparation, 10 a.m. to 1 p.m., Granite City Campus Saturday Experience Class.

Mar. 26 - Gun Safety for Children, 10-11 a.m., Granite City Campus Saturday Experience Class.

Real estate transactions

The following real estate transactions were recorded at the Madison County Courthouse from January 7 to January 21.

Granite City	
2541 Jordan	\$16,000
2316 Lynch	\$25,000
3920 Oakmont	\$50,000
4289 Reville	\$30,000
2839 Circle	\$600,000
4051 Lake	\$2,500
3220 Carlson	\$57,000
1329 Rhodes	\$10,500
4590 D'Lynn	\$16,500
2215 E 25th	\$31,000
2500 N. Main	\$34,000
3405 Princeton	\$138,000
2109 Richmond	\$84,500

Madison	
899 Layton	\$115,500

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Hospital receives accreditation

The Joint Commission on Accreditation of Healthcare Organizations (JCAHO) recently awarded three-year accreditation to Anderson Hospital in Maryville, continuing the hospital's status as a JCAHO-accredited facility.

According to Hospital Administrator William J. Hurteau, accreditation by JCAHO ensures that Anderson Hospital provides health-care services that meet or exceed the commission's stringent standards. "Being accredited by the JCAHO is a great honor for the hospital, the medical staff and the employees," Hurteau said. "We realize the significance of the JCAHO standards and we're proud to offer our communities such high-quality health services."

The JCAHO accreditation team, consisting of an administrator, a physician and a nurse, visited Anderson Hospital in October to examine compliance with JCAHO standards for quality of care.

The surveyors monitored patient care, examined facilities and met with members of the medical staff to ensure that quality care is offered consistently.

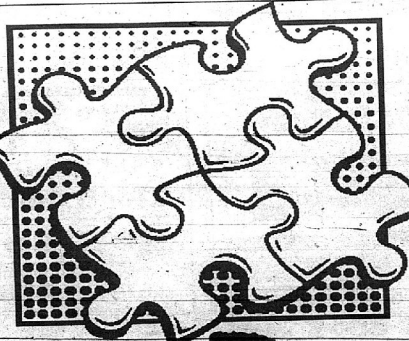
The Joint Commission on Accreditation of Healthcare Organizations is the most highly regarded accreditation organization for health-care institutions in the United States.

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CONTEMPORARY STYLED DANISH PECAN 4-PIECE GROUP INCLUDES EXTRA ROOMY DRESSER, FRAMED MIRROR, QUEEN OR FULL SIZE HEADBOARD AND BED FRAME-NIGHTS, TAND AND CHEST EXTRA.

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Finely detailed suite from Hart's Cherry Collection. Full or queen size headboard & frame, mirror & double dresser plus your favorite option - chest & nightstand extra.

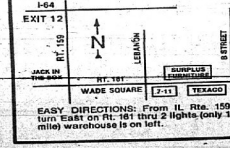
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EASY DIRECTIONS: From I. Rte. 159 turn east on Rt. 161 thru 2 lights (only 1 mile) warehouse is on left.

Horoscope

Wednesday, Feb. 2
With the moon in Scorpio joining Jupiter and Pluto, you'll be held to any promises you make. Even simple promises could backfire, so be sure to study each situation carefully. Your romance now relies on timing, so be on top of innuendoes and say yes to invites, even if it means changing your schedule around.

ARIES (March 21-April 19). A new love can finally begin if you are able to take advantage of subtle signs of interest. If you touch base with contacts this afternoon, future support for your project will be more easily obtained.

TAURUS (April 20-May 20). Partnerships are touched with luck - so make joint investments or share expenses. Love makes bold strides. A Gemini friend introduces you to new money-making ideas. Elderly relatives could use a visit.

GEMINI (May 21-June 21). Smile when the pace slows down at work - this is only the calm before the storm. Future funding begins with the new relationships that you build today. Let a family member help you climb the career ladder.

CANCER (June 22-July 22). A crisis progress in personal matters shows that your talents are broader and stronger than you knew. A lover or close friend brings new, exciting assets to your enterprises. Take time to relax tonight with children.

LEO (July 23-Aug. 22). A crisis progress in personal matters shows that your talents are broader and stronger than you knew. A lover or close friend brings new, exciting assets to your enterprises. Take time to relax tonight with children.

VIRGO (Aug. 23-Sept. 22). Expect changes in the political climate and extra insurance. The new information will change your mind. A sweetheart is focused on your needs.

LIBRA (Sept. 23-Oct. 23). Expect changes in the political climate and extra insurance. The new information will change your mind. A sweetheart is focused on your needs.

SCORPIO (Oct. 24-Nov. 21). Support a loved one's decision to become self-supporting. A lucky guess scores high points with your boss. Contact friends to make travel plans. Your dreamy mood heightens your romantic feelings.

SAGITTARIUS (Nov. 22-Dec. 21). Fame entices you to meet and surpass a personal goal. A co-worker's disappointing effort gives you a golden opportunity. Money comes in the mail. Set goals to improve your nutritional habits right away.

CAPRICORN (Dec. 22-Jan. 19). Your friends express a need to see you more often, so clear time for them in from your busy schedule. Make a strong effort not to infringe on a true friend's time. A member is taken to task - you can help, but only if asked.

AQUARIUS (Jan. 20-Feb. 18). You are wise to false motives, and you can turn sticky situations to your favor. A friend's sunny outlook spurs your creativity in new, exciting ways. Make an effort to drum up new business. Dates are lucky.

PISCES (Feb. 19-March 20). Bonds with your family are made strong through open discussions or helping someone in need. Entertainment is healthy to a point, but use the evening actively. You win a bet. Save old letters for future reference.



Joyce Jillson
Your personal horoscope, call 1-900-428-2787

Live astrologers!
1-900-407-3001
Touch-tone and rotary \$2.99 per min

ENTERTAINMENT

Wheels give parts of exhibit mobility

By Jennifer Slosser
Staff writer

Visitors to the St. Louis Science Center's new exhibit, "EarthCo: How We Know What We Know," will notice all of the activities are built into modular units equipped with wheels.

"That's so that we can roll everything into trucks and then into galleries in other cities," said Daniel Prater, exhibit designer.

EarthCo is the first national traveling exhibit developed by the Science Center. Following its St. Louis run, it will travel to Charlotte, N.C., and then on to six other U.S. science centers and museums during the next two years.

These eight institutions comprise the Exhibit Research Collaborative, which receives partial funding from the National Science Foundation to develop high-quality national traveling

The financial support provided by shared funds also is a plus, he said.

Participation in the collaborative has several advantages, says Dwight Downs, the Science Center's director of program development.

"The collaborative process allows us to share our work with a larger audience," he said. "Now our own work will be seen around the country."

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THURSDAY: Beethoven's 2nd 7:00
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SATURDAY: SISTER ACT 2: BACK IN THE HABIT 7:15
SUNDAY: SISTER ACT 2: BACK IN THE HABIT 7:15
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AIR
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Per Dozen \$6.00
CHRUSCIKI \$3.00 Per Plate
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Monday-Friday 11:00 A.M. - 1:00 P.M.
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4 \$500 LUCKY POT RAFFLES
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Bingo Starts - 7:00 P.M.
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RATES

SUNDAY	10 Words	\$3.80
WED/THURS	10 Words	\$6.50
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DEADLINES

SUNDAY	3:00 Friday
WED/THURS	4:30 Monday
ILLINOIS WED	10:00 Monday
ILLINOIS SUN	3:00 Friday

Bed & Breakfast	405	Furniture Repair/Repaint	1110
Business & Lodges	410	Garage Construction/Repair	1120
Announcements	420	Garage Doors	1125
Personal	430	General Contractors	1140
Lost & Found	440	Glass Services	1150
Car Pools	450	Gunsmithing	1160
Juvenile Notices	460	Gunsmithing/Steel Mill	1170
Probate Court Notices	465	Handyman	1185
Probate Court Notices	468	Headliner/Conditioning	1200
Adoption Notices	469	Home Builders	1225
Legal Notices	470	Home Improvement	1230
Assessment Notices	471	Insurance	1240
Board of Review Changes	472	Interior Decor/Design	1250
Claims Notices	473	Kitchen/Bath	1255
Divorce Notices	474	Landscaping	1260
Change of Name	475	Lawn & Garden Service	1265
Birth & Proposals	476	Mechanical/Boiler Rep	1270
Massive Notices	477	Mechanical Services	1275
Memorials	478	Medical Services	1280
Cemetery Lots	479	Metal Fabricating/Building	1285
In Memoriam	480	Miscellaneous	1290
Funeral Homes	481	Moving & Storage	1295
Public Notice of Letters	482	Painting	1300

Services

Accounting/Tax	741	Personal Care/Hair Care	751
Advertising	751	Pet Control	752
Business Services	752	Photography	753
Answering Services	753	Plumbing/Plumbing	754
Antenna Installation	754	Plumbing Contractors	755
Appliance Repair	755	Plumbing/Drain & Sewer	756
Assessment/Abate	756	Portrait Artist	757
Attorneys	757	Printing	758
Automotive Services	758	Removal	759
Bath/Repair/Refinish	759	Research	760
Beauty Services	760	Roofing/Siding	761
Bicycle Repair	761	Sandblasting	762
Blacktop/Paving/Sealing	762	Sewing Machine Repair	763
Business Services	763	Shoe Repair	764
Catering & Banqueting	764	Signs	765
Cashiering	765	Snow Removal	766
Caregivers	766	Steam Cleaning	767
Car Washes	767	Swim Pool/Hot Tub	768
Car Washes	768	Tailors	769
Chiropractic	769	Telephone Service	770
Cleaning/Domestic	770	Typewriting	771
Cleaning/Domestic	771	Typewriter Sales/Service	772
Cleaning/Domestic	772	Used Cars	773
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Notices

Happy Ads	400
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Illinois Garage Sales	1719	Bridgeport/St. Ann area	2150
Missouri Garage Sales	1720	Chatterfield/Clarkson	2160
Real Estate	1721	Chatterfield/Clarkson	2161
Real Estate	1722	Chatterfield/Clarkson	2162
Real Estate	1723	Chatterfield/Clarkson	2163
Real Estate	1724	Chatterfield/Clarkson	2164
Real Estate	1725	Chatterfield/Clarkson	2165
Real Estate	1726	Chatterfield/Clarkson	2166
Real Estate	1727	Chatterfield/Clarkson	2167
Real Estate	1728	Chatterfield/Clarkson	2168
Real Estate	1729	Chatterfield/Clarkson	2169
Real Estate	1730	Chatterfield/Clarkson	2170
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Real Estate	1732	Chatterfield/Clarkson	2172
Real Estate	1733	Chatterfield/Clarkson	2173
Real Estate	1734	Chatterfield/Clarkson	2174
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Real Estate	1736	Chatterfield/Clarkson	2176
Real Estate	1737	Chatterfield/Clarkson	2177
Real Estate	1738	Chatterfield/Clarkson	2178
Real Estate	1739	Chatterfield/Clarkson	2179
Real Estate	1740	Chatterfield/Clarkson	2180

Real Estate

Homes for Sale	2100	St. Louis Metro Area	2200
Homes for Sale	2101	St. Louis Metro Area	2201
Homes for Sale	2102	St. Louis Metro Area	2202
Homes for Sale	2103	St. Louis Metro Area	2203
Homes for Sale	2104	St. Louis Metro Area	2204
Homes for Sale	2105	St. Louis Metro Area	2205
Homes for Sale	2106	St. Louis Metro Area	2206
Homes for Sale	2107	St. Louis Metro Area	2207
Homes for Sale	2108	St. Louis Metro Area	2208
Homes for Sale	2109	St. Louis Metro Area	2209
Homes for Sale	2110	St. Louis Metro Area	2210
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Homes for Sale	2115	St. Louis Metro Area	2215
Homes for Sale	2116	St. Louis Metro Area	2216
Homes for Sale	2117	St. Louis Metro Area	2217
Homes for Sale	2118	St. Louis Metro Area	2218
Homes for Sale	2119	St. Louis Metro Area	2219
Homes for Sale	2120	St. Louis Metro Area	2220

Merchandise

Antiques	1710
Estate Sales	1715

St. Louis	2240	St. Charles	2612
St. Louis	2241	St. Charles	2613
St. Louis	2242	St. Charles	2614
St. Louis	2243	St. Charles	2615
St. Louis	2244	St. Charles	2616
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St. Louis	2247	St. Charles	2619
St. Louis	2248	St. Charles	2620
St. Louis	2249	St. Charles	2621
St. Louis	2250	St. Charles	2622
St. Louis	2251	St. Charles	2623
St. Louis	2252	St. Charles	2624
St. Louis	2253	St. Charles	2625
St. Louis	2254	St. Charles	2626
St. Louis	2255	St. Charles	2627
St. Louis	2256	St. Charles	2628
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St. Louis	2259	St. Charles	2631
St. Louis	2260	St. Charles	2632

Churches

Churches	4100
Churches	4101
Churches	4102
Churches	4103
Churches	4104
Churches	4105
Churches	4106
Churches	4107
Churches	4108
Churches	4109
Churches	4110

FUNERAL NOTICES

FUNERAL NOTICES	6000
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SPORTS CLASSIFIEDS

SPORTS CLASSIFIEDS	6500
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HEALTH CAREERS

HEALTH CAREERS	9000
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RENTALS

RENTALS	2500
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'92 Explorer
Winter Bl
★ ★ \$16,995
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'91 F-450 A
Grumpal
long, 7.3
old, nice
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Misc Truck
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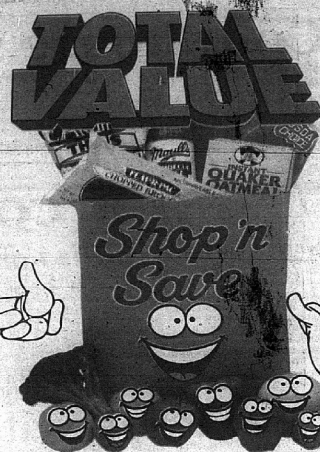
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Every time you shop on quality products. That's Total Value!



24-CAN CASE
Diet Coke or
Coke Classic

399

24/12-OZ. CANS
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• SPECIAL RED TAG VALUE •

Fresh Picnic Style
Pork Roast

69¢
lb.

• SPECIAL RED TAG VALUE •

REGULAR OR LIGHT
Kraft
Parkay Quarters

39¢
1-LB.
PKG.

• RED TAG VALUE •

ASSORTED VARIETIES
Hills Bros.
Ground Coffee

329

24 TO 26-OZ. CAN

• RED TAG VALUE •

6 TO 7-POUND AVG.
Cook's Bone-In
Shank Portion

79¢
lb.

• RED TAG VALUE •

ASSORTED TOPPINGS
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CHILLED
Minute Maid Premium
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ASST.
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Kraft
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Bath Tissue

289

12-ROLL PKG.

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SPORTS

•Grapplers

(Continued from Page 1D)

Granite City won by forfeit at 189, before a heavyweight. Marvin Thomas won 7-1 over Chris Janek. Thomas trailed 1-0 heading into the final period, but slammed Janek and put the sophomore on his back late in the bout.

Granite City, which also scored a 62-3 win over Pinckneyville and a 78-11 decision against Murphysboro, is rolling into the postseason. Murphysboro failed to score and was penalized a point.

"You want to wrestle well right before regionals," Granite City coach Mike Garland said. "We have to keep everybody healthy and mentally and physically ready."

"That's always important. We're right where we want to be."

As for the Comanches, coach

"Most of our kids have developed that mental toughness. That was a problem in the middle of the year. Now the younger kids know how good they are. They all come out to win now."

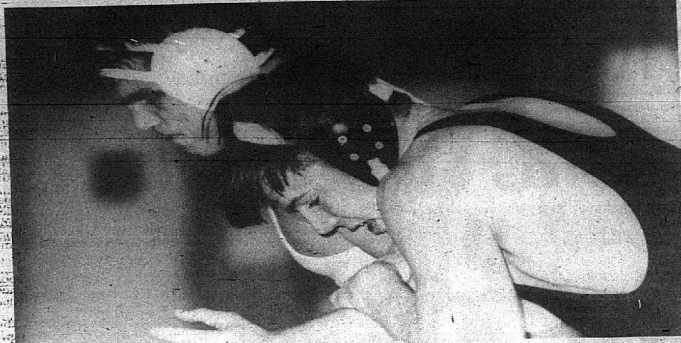
—Mike Garland
Warrior coach

Kevin Bement knew how tough the Warriors are. "Granite City has 13 good wrestlers. They don't have any

superstars except maybe for Shay," Bement said. "The Comanches have been beset by injuries and a pair of senior wrestlers recently left the team. Cahokia's lineup Saturday included two freshmen and several inexperienced wrestlers. "We went from being one of the best teams in the area and we're mediocre," Bement said. "I never thought I'd have to put up with this."

"It's hard for me to comprehend. These kids just don't have the desire."

As for the Warriors, they seem primed to make a run at the state tournament. And Garland likes his team's chances. "Most of our kids have developed that mental toughness," he said. "That was a problem in the middle of the year. Now the younger kids know how good they are. They all come out to win now."



(Photo by T.W. MILLER)

Granite City 189-pounder John Selliers (right) earned a forfeit win Saturday against Cahokia.

BAC's big gun

Sykes takes over lead role for Dutchwomen

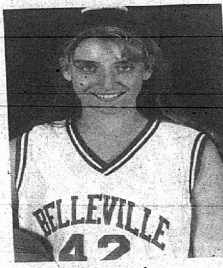
By Scott Marion
Staff writer

Karen Sykes has become the top gun for the Belleville Area College women's basketball team.

Sykes, a 5-foot-10 sophomore guard from Granite City, is averaging 21.2 points per game for the Dutchwomen, who take a 10-10 record into Thursday's home game against Southeastern Illinois. She is shooting 45 percent from the field (including 34 percent from three-point range) and 65 percent from the free throw line while averaging 3.8 rebounds and 3.9 assists per game.

Sykes scored 14 points in BAC's 94-68 loss Saturday to Vincennes.

"KAREN HAS BEEN playing excellent basketball," BAC coach Shelly Ethridge said. "Her shooting has been phenomenal. "But the other players are relying on her so much that it puts a lot of pressure on her. Teams put a box-and-one (defense) on her or have someone on her at all times." "Sykes doesn't mind the attention, but she's not happy with the team's record. Last season, the Dutchwomen were 23-7 after years of losing."

Karen Sykes
21.2 ppg

"I thought we'd do better than last year," Sykes said. "We have a lot more talent, so it's a little disappointing. "Last year everybody didn't think we were good, so we were out to prove ourselves. This year we were told how good we were and maybe we're taking it for granted."

A LACK OF consistency has

been a problem for BAC. "Against Lake Land, we were up by nine, then didn't score for the last six minutes of the first half," Sykes said. "We were still up by two at halftime, but they came back and won it." "As a freshman, Sykes came off the bench and averaged 9.6 points per game. "I've improved my defense (Ethridge) has been on me a lot about that," Sykes said. "She wants me to shoot more often. "I know she's mad at me when she says my whole name. My parents even use my middle name when they're mad at me, but she doesn't know it, thank goodness."

SYKES' ROLE ON the court hasn't changed much since she was in high school.

"When I was a senior we had some pretty tall people like Jamie Cavanaugh. I didn't have to play inside that much," Sykes said. "But the college game was still a transition because the pace wasn't what I was used to. I thought I was going to be playing 20 minutes at a time, but it's gotten a lot easier this year."

"The college game is a lot more physical, but I'm surprised when I get three fouls in a

(See SYKES, Page 3D)

Hockey

MID-STATES CLUB
HOCKEY ASSOCIATION

STANDINGS									
NATIONAL CONFERENCE GOLD DIVISION									
Team	W-L-T	Pts	GF	GA	Team	W-L-T	Pts	GF	GA
Arkway West	12-1-4	25	95	25	Kirkwood	14-3-0	28	127	33
Arkway South	13-2-1	26	85	26	Hazelwood Central	11-5-0	22	108	46
Belleville	9-6-2	18	57	38	McCluer North	10-5-0	21	97	54
Arkway Central	7-3-2	16	44	43	Francis Howell	8-6-1	17	72	79
Lafayette	5-1-1	11	61	86	Hazelwood East	4-11-1	9	42	103
Arkway North	5-10-1	11	48	89	North	4-10-1	9	34	84
Granite City	5-17-0	0	23	143	McCluer	3-13-0	6	29	118
					Whitfield	0-16-0	0	15	150

SILVER DIVISION									
Team	W-L-T	Pts	GF	GA	Team	W-L-T	Pts	GF	GA
St. Mary's	14-3-0	28	103	29	MCDOS	15-1-0	30	127	45
Channahon	12-2-2	26	78	38	Ladue	13-2-1	27	92	25
Alhambra	9-6-2	20	70	32	Oakville	12-2-1	25	116	40
St. Louis	7-8-1	15	53	60	Eureka	9-7-1	19	75	81
DeMet	6-8-2	14	55	44	Lindbergh	7-2-2	16	59	64
St. Mary's	6-10-0	12	46	85	Mehlville	6-8-2	14	83	63
	2-14-0	4	32	131	John Burroughs	5-8-3	13	70	67
					Clayton	1-15-0	2	35	111

INDIVIDUAL LEADERS											
Player, Team	G	A	Pts	Player, Team	G	A	Pts	Player, Team	G	A	Pts
Jeff Medlin, Arkway West	21	28	53	Steven Stuart, MCDOS	33	21	54	Chris Shuman, Arkway West	17	23	40
Chase Smith, CBC	25	16	44	Dale Sundbaken	30	22	54	Chris Shuman, Arkway West	17	23	40
John Rogers, Arkway South	15	29	44	Doug Allen, Eureka	27	22	49	Andy Criss, Arkway South	19	19	38
Chris Shuman, Arkway West	17	23	40	Chad Moroni, Howell	25	11	47	Jeff Hayes, CBC	15	21	36
Andy Criss, Arkway South	19	19	38	Tavia Wood, MCDOS	27	18	45	Nick Tuttle, Lafayette	26	6	32
Jeff Hayes, CBC	15	21	36	Terry Tienelde, McCluer North	23	21	44	Stuart MacArthur, Arkway West	11	19	30

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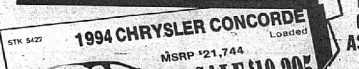
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•Sykes

(Continued from Page 2D)

game. I usually get one or two, so I guess I'm not that physical."

Sykes, who was also recruited by Lewis & Clark, knew she was joining a traditionally weak program at BAC.

"I liked this school and this area better," Sykes said. "I heard about players (Elbridge) was recruiting and I knew some of them. I'm glad I came here."

"TAMI (HARDESTY) and I are probably the quietest ones on the team. Tricia (Cox) and Beth (Ragsdale) get people motivated."

At GCIS, Sykes played basketball, volleyball and softball.

"I had never played volleyball until junior high, but I started basketball in the park district in third grade," she said. "My brothers played basketball, so half of our yard was a court. I was the only girl, so I guess I was going to play basketball, too."

"I play slowpitch softball in the summer and I've worked at basketball camps the last couple years. I also played with some friends at 'Hoop It Up' in St. Louis."

"When I was younger, my dad was out there all the time to help me. He was at every one of my games."

SYKES HOPES to continue playing basketball at a four-year school.

"I've got stuff from Lindenwood, McKendree and a school in Erie, Pa.," said Sykes, who is considering a major in elementary education. "I wouldn't mind going away (from home), but I don't want to go too far."

•Trojans

(Continued from Page 1D)

for the win, the same strategy that paid off last 4 at Venice.

Saturday's outcome was not only a painful reminder of that game, but also the latest in a series of disturbing losses for Venice and coach Clinton Harris.

"We find ways to lose games," Harris said. "We gave them a gift. We had control all the way up to the last two minutes."

"I guess we can't handle the pressure. We just panic. But I guess they're the better team. They won it in the last 40 seconds and we gave it away."

With 1:28 left in the game, Venice point guard Kevin Roberts hit one of two free throws to give the Red Devils a 53-49 lead.

Williams answered with a layup eight seconds later to cut the lead to two.

King followed with a steal to give the Trojans possession, and Thomas knocked in the three-pointer. The Red Devils turned the ball back over to the Trojans on a traveling violation, and Jones and King did the rest at the free-throw line.

King made four foul shots in the final 23 seconds to clinch the win.

"When Roberts hit (the) free throw, I thought we were dead," Collins said. "But that wasn't the end of the game. Our kids didn't quit. No matter what happens, if they're outmanned or outsize, these kids keep battling. It's just amazing. I'm so proud of them."

"We missed free throws and made some crucial turnovers," Harris said. "They just outlasted us. I guess we weren't in shape."

The teams traded the lead throughout the first two quarters

before King banked in a three-pointer with seven seconds left in the first half to give Madison a 30-27 lead. "The Red Devils took control in the third quarter, outscoring the hosts 16-9."

Ware, who was held scoreless in the first half, scored six points in the third quarter. But the Red Devils began struggling offensively in the fourth quarter. Ware finished with 18 rebounds but just nine points.

"Jemaine played lazy in the first half," Harris said. "He didn't get the ball. He needs to keep moving."

"Usually, we don't do anything in the third quarter. We played a good game before the last quarter."

One of the only bright spots for Venice was the play of Edwin Barbee, who came off the bench in the first half. Barbee had four points and 10 rebounds in his first varsity contest.

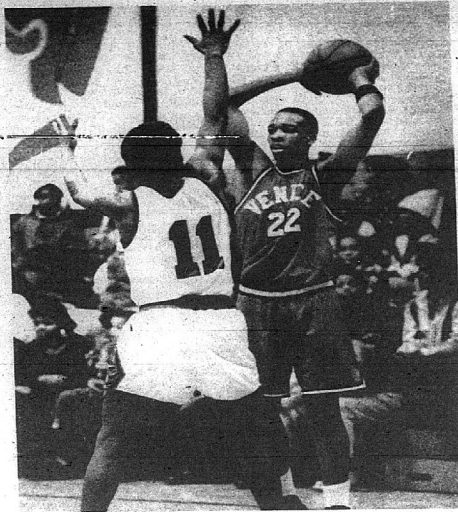
"He played a good game," Harris said. "I gave him the game ball."

Brandon Burnett led Venice with 16 points. Roberts had 13. King led all scorers with 21, and Williams had 11.

Madison's win completed a sweep over Venice this season at least until regional play begins later this month. It was Madison's fifth straight win over Venice, dating back to a regional victory in 1992.

Not long ago, the Red Devils dominated the series. Venice defeated Madison 15 straight times from 1985-90. But the Trojans have had the upper hand the past two years.

"Venice is a good team," Collins said. "They have good talent. I was surprised we snuck by them the first time. We had more confidence this time."



(Photo by L.W. MILLER)

Venice forward Brandon Burnett keeps the ball away from Madison's Anthony King.

•King

(Continued from Page 1D)

feeling, but I didn't like being left out. So I decided to put my problems on the side and concentrate on my school work. I wanted to play basketball."

King, who transferred to Madison before his sophomore year from East St. Louis High, has only been playing organized basketball for three years. But he gained a lot of experience on the playgrounds of East St. Louis.

"It was like a war zone out there," he said. "You got fouled like crazy, but there weren't any stoppages. I got hammered more than once, but it toughened me up."

"To avoid being fouled, I learned how to get myself open without the ball. I also learned to throw my weight around when I had it."

King (5-9) handles both the point guard and off-guard positions for the Trojans. He's also the team's best rebounder.

"I love his attitude," Madison coach Al Collins said. "He's a coach's dream. He'll do whatever we ask of him and his natural instincts for the game are tremendous."

"But I still question his desire at times. He's has the abilities to go far in this game, but he can't let up. He must stay disciplined in the classroom."

Apparently, King has heard the warning before and this time he's taking it to heart.

My mother is always on me to hit the books," he said. "I know she's right, that's why I've got a serious attitude towards my studies."

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Community calendar

Wednesday, Feb. 2

Pulmonary Support Group, for persons with diagnosed lung condition, 11 a.m. to noon in 4-Doc's Solarium, St. Elizabeth Medical Center, 798-3019.

Alcoholics Anonymous, 11 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Al-Anon, 7:15 p.m., Gateway Foundation, 400 Lincoln, Caseyville, 692-8078.

Parents Anonymous Group, meets 6 to 8 p.m. For information on where meeting will be held, call Elaine Landolt, 462-3714.

Singles Connection, Dinner at 6:30 p.m. at Pantera's Pizzeria, Edwardsville. Call Margo at 288-0856.

Stress Management Class, 7 to 8 p.m. at Mental Health Services, 50 Northgate Industrial Drive, Granite City. For people who want to know what causes stress, how it affects their lives, and what they can do about it. For more information call 877-4420. Fees are based on a sliding income scale.

Madison Community Action Group, meets 7 p.m. For more information call Dan at 452-2336 or Diane at 876-1360.

Thursday, Feb. 3

Metro East Model Railroad Club, meets at 7 p.m. at 10th and Iowa, Madison. Visitors welcome. Membership is open. Call 877-7063 for more information.

Mount Zion Baptist Church, 4 to 8 p.m. at 2827 Rockingbird Lane. "Meals from the heart," a free meal to those in need. Clothing is available. Open to the public.

Chateau Township Senior Citizens, 9 a.m. to 2 p.m., Social Center, 906 Thornridge Drive, Mitchell.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Alcoholics Anonymous, 8 p.m., Presbyterian Church, Mitchell, 876-8467.

Alcoholics Anonymous, 11 a.m., Unity Chapel, Stratford and Village lanes, Granite City, 876-8467.

Al-Anon, 9:30 a.m., St. Elizabeth Church quilling room, 2300 Pontoon Road, 892-8078.

Al-Anon, 8 p.m., Wellness Center, 2103 Iowa (babysitter available), 892-8078.

Narcotics Anonymous, Seeking recovery, 8 p.m., 2016 Delmar.

Singles Connection, Introductory meeting and third anniversary party of the Singles Connection held at 7 p.m. at First Federal Savings and Loan, 300 St. Louis St., Edwardsville. Call Linda at 656-3364.

Overeaters Anonymous, 7:30

p.m. at First Christian Church, 2415 N. 89th St., Caseyville. For information, call 1 (314) 638-7821.

Granite City Community Band rehearsals, 7:30 to 9 p.m., St. John United Church of Christ, 2901 Nameoki Road, Granite City, 891-0443.

Friday, Feb. 4

Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Greater Beneficial Union of Pittsburgh, District 491, Granite City Council, meets at 8 p.m. at the Knights of Columbus Hall, 4225 Old Alton Road, Granite City.

James P. Reagan, president, can be reached at 288-7386; Mary Solomon, secretary, can be reached at 451-9201.

Singles Connection, Dinner at 7 p.m. at Old Peking Restaurant, 604 W. Main St., Collinsville. Call Bev at 344-4691.

Saturday, Feb. 5

Polish Pierogi Sale, Sacred Heart of Jesus Church, 930 Reynolds, Madison, 9 a.m. to noon. Seven varieties: cabbage, cheese, kraut, potato, sausage and kraut, plum pudding and laco. Carry-outs only. \$6 per dozen. Cooked and ready to heat and eat. Order ahead by calling 876-5880.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Al-Anon Adult Children, 10 a.m., Suburban Baptist Church, Maryville Road and St. Clair Avenue (babysitter available), 692-8078.

Narcotics Anonymous, Acceptance, 8 p.m., 2016 Delmar.

Recovery Mission, 1536 Fourth St., Madison, food pantry is open from 9 a.m. to noon. Samuel Turner is the chairman. Valonda Turner, secretary and Alfred Turner, pastor.

Singles Connection, Ice skating from 1 to 3 p.m. at Wilson Park in Granite City. Call John at 274-8557.

Sunday, Feb. 6

Senior Social Club, meets at the Township Hall, doors open at 12:30 p.m., bingo and games start at 2 p.m. Call 877-1215 for more details.

Alcoholics Anonymous, 1:30 p.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Midwestern United States Imperial Dance Club (MUSIC) will hold its regular dance meeting at 6 p.m. at the American Legion Hall in Collinsville. The public is invited for dance lessons and open dancing at a cost of \$4 for non-members and \$2 for members. For more information, call 463-3005.

Narcotics Anonymous, Live the Steps, 8 p.m., 2016 Delmar.

Alcoholics Anonymous, 8 p.m., St. Elizabeth Medical Center, Pascual Hall, main floor, Granite City, 876-8467.

Noose Lodge Bingo, 1:15 p.m. at the Nameoki Bingo Center.

Overeaters Anonymous, meets at 2 p.m. in the Wisconsin Room, first floor, St. Elizabeth Medical Center in Granite City.

Singles Connection, Dinner at Tony's Restaurant in Alton. We will carpool at 3:30 p.m. from First Federal Savings and Loan, 300 St. Louis St., Edwardsville. Call Kevin at 887-0155.

Monday, Feb. 7

Disabled American Veterans Chapter 53 Auxiliary, 1417 19th St., Granite City, 876-7816, 8 p.m.

Quad City Youth Fellowship Adult Board, 2257 Cleveland, 7 p.m., 931-3480 or 877-4848.

Camera Explorers Club, Hartford Public Library, 155 W. Hawthorne St., 7 p.m., call Beverly Zager, 254-9394.

Revival Outreach Center, coffee with parish at 10 a.m. ROC is at 2100 Cleveland, Granite City. For information, call 492-5067.

Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Al-Anon, 9:30 a.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Neglected Victims of Child Sexual Abuse, a support group for non-offending parents of victims, meets from 6 to 7:30 p.m. at Southern Illinois University at Edwardsville's Rape and Sexual Abuse Care Center. Call 692-2197 for details.

Singles Connection, An evening of shopping at Crestwood Plaza. We will carpool at 6:30 p.m. from Drury Inn, Collinsville. Call Linda at 656-3364.

TOPS 2048 (Take Off Pounds Sensibly), 6 p.m., Melvin Price Support Center in Granite City, 876-2124 or 931-5653.

TOPS IL 645, 7 p.m., Anchorage Recreation Center, 2902 Edwards St., Granite City, 452-6102. Men and women welcome.

Wal-Mart Senior Citizens, bingo, 7:30 to 8:30 a.m.

Tuesday, Feb. 8

Benevolent and Protective Order of Elks, Granite City Lodge 1083, Maryville Road, Granite City, 831-3557, 8 p.m.

Knights of Columbus, 3rd Degree, 4225 Old Alton Road, 7:30 p.m., 877-4250.

Alliance for the Mentally Ill, 7 p.m., Eden United Church of Christ, 903 N. Second St., Edwardsville; for information call, 877-5006.

Better Breathers, support group of those with chronic lung condition, 1 p.m., Pascual Hall, St. Elizabeth Medical Center, 798-3118.

Mastectomy Support Group, 7 to 9 p.m., Pascual Hall, main floor, St. Elizabeth Medical Center, 798-3530.

Singles Connection, Volleyball held at 6:30 p.m. at YMCA, Esic Drive, Edwardsville. There is a \$3 fee for three hours of play. Call Frank at 876-4315.

TOPS 1699, 6:45 p.m. at the Anchorage Recreation Center, 2909 Edwards St., call 692-4340 or 797-0552.

Alcoholics Anonymous, 8:30 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Alcoholics Anonymous (women only), 8 p.m., Presbyterian Church, Mitchell, 876-8467.

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Alcoholics Anonymous, 8 p.m., St. John United Church, 2901 Nameoki Road, Granite City, 692-8078.

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Al-Anon, 8 p.m., Niedringhaus United Methodist Church cafeteria, 20th and Delmar, Granite City (babysitter available), 692-8078.

Alateen Program for 12 to 17 age group, meets at 8 p.m. at Niedringhaus United Methodist Church, 20th and Delmar. For more information call 692-8078.

The Circle of Hope, a 12-step healing program for anyone whose life is affected by HIV infection, meets at 7 p.m. at the King's House on North 6th Street in Belleville. For more information, call 234-0291.

Granite City Kiwanis meet at Shoney's at 7:30 a.m.

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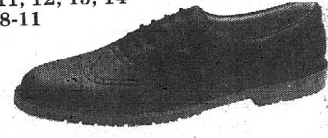
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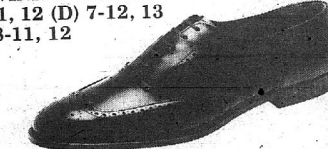
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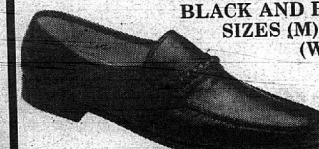
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FAMILY

Students earning high honor roll rankings announced

David Painter, principal of Granite City High School, has announced that the following students have achieved the high honor roll with a grade-point average of 3.00 or above, and the honor roll with a grade-point average of 4.00 to 4.99 this past semester. In both categories the student must have the required grade-point average without receiving a "D" grade and earned at least 2 full credits.

Much time and dedication is required to achieve these high honors, Painter said, adding that he and his staff are extremely proud of these students. With all of today's outside influence, these students are to be commended for their dedication to their studies, he said.

Those achieving High Honors are:

Kelly Ahlers, Erica Alsop, Ryan Asher, Katrina Benson, Justin Bernick, Brooke Bjorkman, Brian Blankenship, Keith Brake, Stacey Brimm, Elizabeth Brooks, Karl Buckingham, Leann Byrd, Christina Cahill, Meredith Chomko, Melinda Colbert, Karrie Cowin, Jason Cox, Amanda Crabtree, Mark Dittman, Lisa Doolen, Debra Dutko, Denise Dutko, Craig Eudy, Lynsey Evans, Angela Favier, Ryan Frakes, Christopher Fralvey, Christina Friedel, Brenda Fritzsche, Colleen Fritzsche, Amanda Galbreath, Jonathan Galbreath, Amy Gebhardt, Melanie Gensert, Ronald Glasgow, Dawn Gorsuch, Melanie Gossnell, Amy Grady, Michael Hluzak, Jacquelyn Hale, Sarah Halvachs, Craig Harrison, Valerie Henson, Kathleen Hersom, Mark Hewitt, Kathryn Holden, Anna Hollis, Melissa Hol-

way, Marcy Holsinger, Heather Honeyer, Steven Hook, Nicholas Huniak, Jennifer Jakich, Amy Johnson, Sharon Jones, David Kasprovich, Matthew Kelahan, Cynthia King, Chad Kleindorfer, Stephanie Kohl, Melanie Kosuge, Summer Kosuge, Scott Kratzer, Cassandra Krinski, Rachel Kulasa, Sabina Kumar, Sangeeta Kumar, Amy Lamm, Robert Lampitt, Kelly Laster, Suzanne Lerch, Susan Light, Jason Lombardi, Andrea Malone, Jason Mathes, Jessica Maykoput, Brian McMillan, Denise McMillan, Jeanine McMillan, Justin McMillan, Rachel Melford, Traci Mell, Mark Mendenhall, Jaime Mertz, Doug Mills, John Mills, Chad Miner, Kristina Modlin, James Moulton, Kelly Mullen, Patrick Mullen, Rita Murphy, Jessica Nichols, Kristyn Nugli, Beth Noe, Andrew Oney, Matthew Owen, Mark Papp, Sarah Patterson, Anna Pieper, Andrea Potter, Jeffrey Puszek, Kevin Randall, Nicole Raynor, Jonathan Reader, Matthew Riley, Christopher Rongey, Ann Rosenberg, Hillary Ryan, Sarah Sackens, Steven Sander, Sheliene Scarborough, Teri Schatz, Amanda Schermer, Amy Schilling, Jennifer Schwager, Keri Schwager, Keith Simon, Alicia Skirball, Amanda Solomon, Jennifer Splaingard, Richard Spraley, Charles Stepanek, Jennifer Stepanek, Albert Supp, Amanda Supp, Amelia Tapp, Eric Terrell, Kelly Thomas, David Thompson, Jaime Thompson, Patricia Thompson, Jennifer Thornton, Erin Tongay, Sarah Turck, Jamie Warren, Tara Wiesbusch, George Wilkerson, Vincent Willaredt, Jenni-

fer Wojtowicz, Jason Wood, Brian Wortham, Chad Wozniak, Jill Wozniak, Justina York, Kimberly York and Basil Yurcisin.

Those named to the Honor Roll are:

Jaimee Ahlers, Mary Alvarez, Lea Ames, Nicholas Antonovich, John Arbogast, Stephanie Arbogast, Benjamin Asbeck, Jacob Atchley, Laura Atkins, Mary Aubuchon, Lisa Badgett, Donald Baker, Kara Ballew, Laurie Baran, Earl Baum, Alex Bautech, Dennis Beasley, Nicole Beckley, Christie Belles, Aaron Belmer, Kelli Bennett, Justin Bettorf, Shawna Birdsong, Catherine Bivens, Daryn Blair, Matthew Blankenship, Rachel Boone, Nathan Bowser, Tiffany Boyd, Stephanie Brandt, Emily Bridges, Kyle Briggs, Robert Brooks, Terry Buchanan, Anthony Buchek, Paul Bucherich Jr., Charles Bukovac, John Bukovac, Joseph Burgin, Lisa Buske, Autumn Byrd, Jamie Cape, Christi Castile, Kevin Champion, Frances Christiansen, Theodore Christiansen, Leslie Cicio, William Coker, Amanda Colwell, Richard Colyer, Melinda Cooper, Nicole Coulter, Corissa Coursey, Lori Cox, Jason Crites, Thomas Cruise, Bill Cruzan, Sara Curran, Patrick Curry, Lisa Cuvor, Lisa Daley, Jennifer Davis, Amy Dean, Kellie Della-Done, Tonna Druhe, Ryan Duff, Tara Dunn, David Dutko, Renee Eaglin, Kristy Earhart, Sandra Easley, Mikala Economy, Eric Edwards, Matthew Ely, Melanie Embick, Jennifer Engkele, Kristina Engkele, Emi-

ly Epperson, Anthony Evans, Joey Fagtonspun, Joseph Falbe, Lori Fernandez, Chet Fine, Jessica Foster, Daniel Free, Darrell Freeman Jr., J. David Fuhrman, Amelia Galbreath, Aimee Gail, Tonya Gembrese, Tammy Gerlach, Amber Giese, Christy Gilmore, Sakimi Gima, Robert Glasgow, Elizabeth Gokla, Amy Goudin, Cynthia Gorka, Sarah Gouy, Brad Gravys, John Green, Michael Greenspan, Amy Gregory, Karla Gresham, Joanna Grobowski, Kendra Green, Mikal Guiley, Heather Guilbue, Jill Haddix, Jaime Hamilton, Melissa Hammond, Paul Hand, Andrew Harris, Jessica Harris, Timothy Harris,

Christine Hart, Suzanne Hart, Valerie Hasty, John Haus, Farrah Hawkes, Paula Heffner, Rebecca Helton, Dottie Hersom, Jamie Hicks, Bradley Hogan, Barbara Holland, Robert Hollandsworth, Dennis Holloway, Paul Holloway, Matthew James, Adam Jenness, Bryan Johnson, Bryan Johnson, Sarah Johnson, Scott Jones, Heather Justice, Shelley Justice, Andrew Kaniadulski, Amanda Kelley, Kami Kessel, Corey Kessler, Timothy Kirkpatrick, Leighann Klug, Andrea Knox, Kristin Knox, Brian Koberna, Daniel Kratzer, Jennifer Kress, Robert Kuehn, Joseph Laboratory, Sean Lakatos, David Lange, Kevin

Lee, Ian Leith, Kimberly Lemler, Jennifer Lewis, Sean Lewis, Matthew Lienemann, Brian Lloyd, Melanie Lochr, Eric Loflus, Stephen Logan, Jeffrey Logsdon, Gary Long, Terry Long, Erick Lucas, Matthew Lucas, Shawn Lynch, Dawn Margabe, Joseph Markel, David Martin, Jennifer Martin, Anthony Martinez, Laura Marzluft, Jason May, Amy McDowell, Melissa McIntosh, Tina McInloch, Shaun McKel, Elizabeth Mendenhall, Thomas Mercer, Eric Merz, Eva Meyer, Gregory Meyer, Connie Meyers,

(See HONORS, Page 8D)



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Find indoor activities for child

By Jane Cosby
Correspondent

Winter days may be the shortest of the year, but they can seem endless when you are trying to keep children busy and do not have the option of chasing them outside.

The following activities may help ease the cabin fever that has overtaken most households by now.

- Set up a kitchen arts and crafts area. Gather scissors, glue, crayons, paint, clay, assorted paper, material scraps, pieces of ribbon, yarn and string. Let your child create collages, sculptures and pictures.

- Set up a space in your basement for indoor roller skating. The basement can be used to mark a hopscotch pattern on the floor. Jump ropes, tricycles and soft rubber balls for throwing and catching all can be moved indoors if you are able to clear a large enough space in your basement.

Indoor roller skating in the basement was one of my family's favorite wintertime activities. But if your child is going to bring his skates indoors be sure his protective gear also comes in. Falls on a concrete floor can be serious.

- If it is too cold to go outside and play in the snow, bring it indoors. Fill a bucket with snow and let your child play with it in the kitchen or bathroom.

He could build tiny snowmen or color the snow with food coloring. Then he can use an ice cream scoop or cookie-cutter to form snow cones or cookies to put in the freezer.

Later he can "serve" them to stuffed animals, dolls or play figures. Or he can make snow cupcakes decorated with birdseed to put outside for the birds.

- Go through your workshop to scrounge up some interesting activities for your child. Assemble wood scraps, nails, nuts and bolts, screws and tools appropriate for the age of your child.

Young children will enjoy playing with the materials and will not

need to "make" something.

Children ages 8 and older may try to make something useful. Birdhouses, bookends, doorstops or wood sculptures are some examples of easy projects for beginning carpenters.

Find some old appliances that no longer work and let your child take them apart. Don't expect him to fix them—just let him have fun taking them apart and seeing what is inside.

- Collect a lot of magazines and then let your child cut out pictures and words. He can assemble pictures or words that describe him and his favorite things to make a collage.

Give him some paper plates and let him find pictures of food to paste on the plates.

Let him look for pictures that start with a certain letter of the alphabet or that illustrate a certain number.

Jane Cosby is a former teacher and the mother of two.

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Turkey talk — Wilson School fifth grader Kyle Robbins and his father, Richard (not pictured), gave a presentation to Jane Franko's fifth-grade class on raising turkeys. The presentation developed into an art project and a creative writing lesson.

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Support groups have been in existence for many years. They can become a vital and positive influence in the lives of both patients and those who care about them. By providing information about their disease and how to live with it, support group members can create a better working partnership between patient and physician.

Memorial believes that support groups provide an opportunity for patients, along with their families and friends to discuss uncertainties and learn to place them in perspective. Better than any other technique, talking in a support group with people who share common problems, helps them understand that they are not alone.

The following is information about Memorial-sponsored support groups. For more information about these groups, call the Community Relations Department at 233-7750, extension 5649.

DIABETES

A mutual support group comprised of people with diabetes, their families and people who have had their lives affected by diabetes. Meetings are held on the fourth Monday of every month from 9 to 11 a.m. in the hospital auditorium. **NEXT MEETING: February 28**

FIBROMYALGIA SYNDROME

This support group is for people with fibromyalgia syndrome (FMS) and their families. FMS is considered to be a widespread musculoskeletal pain and fatigue disorder for which the cause is still unknown. Meetings are held on the third Tuesday of every month from

7 to 9 p.m. in the hospital auditorium.

NEXT MEETING: February 15

HOPE

Hospital Oncology Patient and Family Education was formed to assist cancer patients, former cancer patients and people who have their lives affected by cancer. The HOPE group meets the last Thursday of each month at 1 p.m. in the auditorium. **NEXT MEETING: February 24**

JOINT REPLACEMENT

This group is for people who have experienced or who are anticipating joint replacement surgery, their families and people whose lives are affected

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by this surgery. Meetings are held on the second Wednesday of every month from 7 to 9 p.m. in the auditorium. **NEXT MEETING: February 9**

LUPUS

This support group is affiliated with the Illinois and Missouri Chapters of the Lupus Foundation of America. Meetings are held offering information and insight for coping with lupus on the third Tuesday of each month at 7:30 p.m. in the hospital auditorium. **NEXT MEETING: February 15**

MENDED HEARTS, INC. - BELLEVILLE CHAPTER

Mended Hearts is a volunteer organization consisting of people who have heart disease, their families, medical professionals and other interested people. Additionally, Mended Hearts members form a support group for one another, contributing emotional backing to recovering patients and their families. For more information, call Memorial's Social Service Department at 233-7750, extension 5420.

METRO EAST HEAD TRAUMA

This group is for people who are moving ahead with their lives after experiencing brain injury due to trauma, surgery or disease. Family and friends are welcome to

participate. Meetings are held in Memorial's Occupational Therapy Department. Call 233-7750, extension 5258 for specific meeting dates and times.

NU-VOICE

Conducted in cooperation with the American Cancer Society, the Nu-Voice Club is for laryngectomies - people who have had their voice boxes (larynxes) removed as well as their families and friends. For more information about meeting dates and times, call the Speech Pathology Department at 233-7750, extension 5255.

PROSTATE CANCER

A mutual support group for people with prostate cancer, their families and people who have had their lives affected by prostate cancer. Meetings are held on the third Monday of every other month from 7 to 9 p.m. in the auditorium. **NEXT MEETING: February 21**

PULMONARY REHABILITATION

A group for people with diseases of the lung and their families. Individuals with chronic lung disease and their families learn about the disease, as well as share ideas and solutions to their problems. Meetings are held on the last Wednesday of the month at 1:30 p.m. in the auditorium. **NEXT MEETING: February 23**

